

■ **NHL DRAFT:** Matt Duchene put to the test ■ **BIKE FESTIVAL:** Put the pedal to the metal ■ **COTTAGE TIMES:** Get fresh local foods

The
Haliburton
County

TUESDAY, JUNE 23, 2009



ECHO

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■ CANADA DAY

Summer starts without a long weekend

JENN WATT

Staff Reporter

Haliburton businesses are preparing for a slower pace this Canada Day weekend because this year there won't be one.

For the first time in 11 years, July 1 lands on a Wednesday, too late to be joined with the June 27 weekend and too early to belong to the July 4 weekend.

Store owners and tourism providers aren't sure what to expect, but most think there will be a drop in the traditionally strong sales.

"It will definitely have an effect," said Doug Olliffe, store manager at Haliburton Home Hardware.

People are already hesitant to spend extra money with the recession and to stretch a holiday weekend for five days is over-kill for most, he said.

"It will water things out," said Kim Emmerson, owner of Emmerson Lumber. His business is guessing that people will make June 27 a long weekend out of

See **Businesses** page 11



MATT JAMES/Echo

Hangin' out at Medeba

Loving the zip line at Medeba is Wilberforce Elementary School's Cody Lampman. On June 19 teacher Tanya Bain and her class of Grade 4/5 outdoor enthusiasts were pumped for adventure during their end-of-year class trip to the outdoor learning centre in West Guilford.

■ RELAY FOR LIFE

Cancer society applauds county's 'fight-back spirit'

MARTHA PERKINS

Editor

Passion, dedication and a "fight-back spirit." Is it little wonder that a group of volunteers that possesses all three attributes is being singled out for its achievements?

As the sun rose over Head Lake in the early hours of June 13, the Haliburton Relay for Life organizing committee took great pride in announcing that this small county community had raised more than \$170,000 for the Canadian Cancer Society. Looking out at the crowd of roughly 600 weary walkers, they applauded the way the county has pulled together to make the event such an overwhelming success.

"You are the ones who make this work," Mike Iles told the participants after their 12-hour marathon walk around the track at the Haliburton Highlands Secondary School. "You guys have the spirit."

But then Iles and his fellow organizing committee volunteers,

See **Relay for Life** page 27

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COURTESY KIM EMMERSON/Special to the Echo



Special night for Rotary

On Thursday night, the Haliburton Rotary Club held its year-end meeting at Bonnie View Inn. The club inducted incoming president Maureen O'Hara. The outgoing president is Jim Miner's. Guest speakers were Cindy Chou, the Rotary exchange student from Taiwan, and Jack Brezina. The evening capped a busy year for the club, which donated to several local projects to better the community. Paul Harris Fellow Awards are being presented to Ray Selbie and Jack Brezina. The Fred Jones Award was presented to Robert denBoer.

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NIGHT AT THE MUSEUM		
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See Inside

- Sir Sam's opens for summer
- Razzamataz announces fall line-up
- Soxy needs a new home
- Cards scores

The Highlands Weekender

June 25, 2009

Razzamataz
announces new
fall line-up

Foramataz, the new line-up for Razzamataz, is a band of four members: lead singer, guitarist, bassist, and drummer. The band is currently looking for a new lead singer and guitarist. The band is currently looking for a new lead singer and guitarist. The band is currently looking for a new lead singer and guitarist.

Sir Sam's opens for summer



Free in your mailboxes on Thursday...

This week's Weekender:

- Sir Sam's opens for Summer
- Razzamataz announces fall line-up
- Soxy needs a new home
- Cards scores

Plus Sudoku, crossword, classifieds and coming events.

ANNUAL GENERAL MEETING

School's Cool grows up, leaves its SIRCH home

Move allows community services organization to keep charitable status

JENN WATT

Staff Reporter

School's Cool, a successful kindergarten readiness program for kids, will no longer be delivered by SIRCH on advice of business mentors and lawyers who say the move is necessary to protect the charitable status of the consulting and community services organization.

Now incorporated, School's Cool will take with it the staff and assets it had at SIRCH, becoming a new entity in the fall, SIRCH executive director Gena Robertson said at the organization's annual general meeting Monday. "School's Cool will go off on its own to grow and be there for lots of other communities," Robertson said. The program's home base will continue to be in Haliburton, run by Haliburton staff with Robertson as CEO. The hope is that it generates income and creates jobs for the area.

The school readiness program is already being delivered in 22 locations across the country including Manitoba, Nova Scotia and British Columbia.

"The bottom line is thousands of kids are benefiting from School's Cool," said Rosemarie Jung, consulting coordinator.

SIRCH will return to providing community services like hospice care, Alzheimer support, prenatal nutrition and Bright Starts children's programming.

In the past year, the hospice program assisted more than 100 clients and 200 family members and caregivers. They also facilitated a support group, which was attended by 14 cancer patients.

Consultants are now looking at rural options for residential hospice services in Haliburton County, Robertson said, but no concrete funding commitments have yet been made.

Anti-poverty programming has also been successful this year, with 432 meals made at the community kitchen for those in need, a popular chef-of-the-month series raising awareness about the difficulty of cooking healthful food on a tight budget, and more than 100 breastfeeding and expectant mothers participating in the nutrition programs.

Robertson noted that without the community support, none of the programs at SIRCH could run. In the past year, more than 100 volunteers donated more than 13,395 hours of time and 51,991 kilometres of mileage. Individuals and businesses donated an additional \$199,092 of goods and in-kind services.

Donations were down this year, however, by \$16,391. Auditor Erik Ellis said this was because some fundraisers run in 2008 weren't continued this year, such as Haliburton Idol and Angels of Hope.



Point in Time honoured staff and community members for their tireless work for kids at their annual general meeting Tuesday. Shawn Valleau was given the community collaborator award for his commitment to youth as a parole officer, Kelly Harrison was honoured for her 15 years of work as an intake worker and Alison Rae was also given a community collaborator award for her work with kids at Haliburton high school.

Community leaders honoured

Point in Time celebrates local volunteers, staff for work with kids

JENN WATT

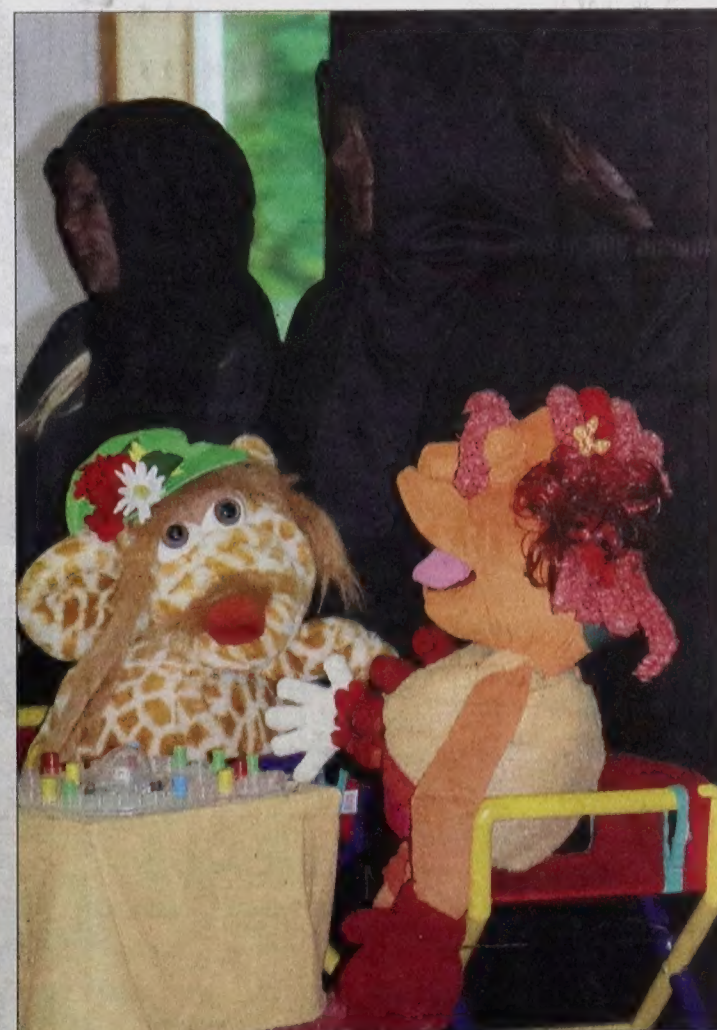
Staff Reporter

This year's Point in Time annual general meeting was a time to celebrate all of the volunteers, staff and community partners that make the child and youth services organization so successful.

Despite the recession, service and programming has expanded because "management has been very proactive in finding cost savings," said board president Pat Wilson in her president's message.

Two community collaborator honours were given out: one to Shawn Valleau, a parole officer who "goes the extra distance to think outside of the box," and the other to Haliburton Highlands Secondary School employee Alison Rae who is "a champion for students."

Point in Time intake worker Kelly Harrison was recognized for 15 years of service to the organization.



JENN WATT/ECHO

The audience was treated to a play by Point in Time Puppet Players, performed by Cardiff Elementary School students. The play explored difficulties of childhood interaction and coping with tough social situations.

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URANIUM INFORMATION

Living with uranium

MATT JAMES

Staff Reporter

Just because we can't eliminate uranium doesn't mean we can't learn to live with it safely. That was the premise behind Living With Uranium, the latest information session put on by Environment Haliburton on June 20 at Fleming College in Haliburton.

Among the slew of guest speakers were Dr. Linda Harvey, who spoke about the health effects of radioactivity, Fight Uranium and Mining Exploration co-founder Christine Atrill, who talked about radon and how to test for it, and Chris Sullivan, a special projects coordinator for SGS Environmental Services, who talked about how to test your water.

Health

Dr. Harvey has spent the last two years researching the health effects of uranium radioactivity in the body. "Information is hard to come by," she said.

Harvey said that much of the research for radioactivity in humans was stalled in 1958 because the International Energy Agency somehow managed to prevent the World Health Organization from testing radioactivity and humans.

"We're 50 years behind in researching this stuff," said Harvey.

Because of political structures like the IEA and insufficient and inadequate testing on animals, Harvey says we don't really know how bad the effects can be. "We're in the dark," she says.

When uranium ore is extracted from the ground it emits radioactive radon rays – alpha, beta, and gamma – which break off and travel through the atmo-



From left to right are Chris Sullivan of SGS Environment Services, FUME's Christine Atrill, Dr. Linda Harvey, Roger Young, and CUME's Suzanne Lauten, the guest speakers from Saturday afternoon's Living With Uranium information session at Fleming College in Haliburton.

sphere. Harvey says beta and gamma rays can go through the skin and damage cells. While alpha rays in the air bounce off human skin, ones that are inhaled can damage cells.

Though damaged cells can be repaired they don't always repair perfectly. And once DNA is damaged it doesn't repair the same way again. Damaged DNA will copy damaged cells and this, says Harvey, is how cancer can get started.

"This could be more dangerous than we understand," she said. "This is something we need to be thinking of as a society."

How does radon get into our homes?

Atrill, who has recently become a radon testing professional, says radon can get into homes through air pressure, cracks in house foundations and basements, wells, and sometimes even by building products, such as stone.

How do you test for it?

Atrill says the government is currently compiling a list to see who is at the highest risk for radon in their homes but in the meantime a charcoal self-test can be done for about \$25, plus lab fee.

Atrill has asked the local Home Hardware to start carrying the product. Of course you can always hire a professional like Atrill and Mr. Radon, which can cost at least \$175 for a 48-hour test.

How to fix the problem

The sealing or control of cracks, sump pumps, and floor drains are the main areas to start. If tested levels are higher than 200 becquerel then a specialist may be required.

Water analysis

How you get your water – deep well, shallow well, surface water, or municipal distribution – will determine how con-

taminates get in and what you'll want to test for, Sullivan says.

There are several agencies that do water testing – choosing the right agency depends on what you want your water tested for. Treatment options depend on the type of system you use. Options include reverse osmosis, distillation, and greens and filtration.

For further information contact EH! at info@environmenthaliburton.ca

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True believers

IF THERE ARE ANY JUST REWARDS in life, then the village in Kinmount should soon be getting a new doctor.

On Saturday afternoon, people gathered from far and wide for the opening of the new wing of the Kinmount and Area Health Centre. The \$1-million project created office space for a third doctor at the popular clinic even though that third doctor has not yet made his or her identity known. Build it and a doctor will come.

You could say that the addition was built with faith and optimism. There's such a positive energy coming from the centre's staff and the community at large that

surely they will attract a doctor who wants to be part of such a dynamic team. Led by Dr. Elena Mihiu at the clinic and Ted Wilkes in the community, the effort to build the addition has made

echo

editorial

martha perkins

believers out of everyone. It's only a matter of time that "everyone" includes a new doctor.

Ten years ago, Kinmount was in short supply of faith in the future. It was so easy to concentrate on everything that had been lost – the school, the bank, and the township office of Galway-Cavendish. Even the scenic old mill on the river was falling apart. But then Wilkes approached the new township of Galway-Cavendish-Harvey and asked that the old office be transformed into a medical centre. The fact that there was no doctor to work there wasn't seen as an insurmountable obstacle.

The township agreed, a community foundation was formed and soon Dr. Mihiu, who had seen Doctor Wanted posters during a drive through the area, was on board. She quickly earned the respect and admiration of her patients, as well as the attention of National Film Board director Allistair Brown, whose film, *A Country Doctor*, gave national recognition to the special spirit of the clinic. Another doctor arrived, then a physiotherapist and specialists who'd visit regularly. With enough of a waiting list to keep a third doctor employed full-time, the foundation believed it was time to make the building larger. Betty Scott, whose family has such a tradition of community service, donated the land, local governments provided much of the money and the community pitched in to pay for the rest. Who wouldn't want to be part of it?

There are some who call the people of Kinmount naïve. With communities across the province crying out for doctors, what would make a doctor choose Kinmount? If you were at Saturday's addition opening, you had your answer. The medical centre can make believers out of anyone. Just you wait.



Awww!

Photo by Matt James

Fearless leaders (part one)

ISN'T IT INTERESTING to watch a nation, whose government is basically a dictatorship, pretend to have an election? Iran, going through the motions of electing a president, suddenly finds its very questionable vote-count the focus of the world press, aided by a week of loud (and quiet) demonstrations by its usually benign population.

It's all very embarrassing to the supposed winner, Mahmoud Ahmadinejad, as well as his accomplices – the clergy who actually run that unfortunate country.

The courageous people of Iran should be applauded far and wide for their efforts to rescue their country from the backward theocracy of the Ayatollahs, and away from the wacky incumbent President Ahmadinejad, who is determined to build a nuclear arsenal. And while the world's press has been either expelled or otherwise muted by the Iranian authorities, they haven't been able to stifle the thousands of pictures being sent around the world via the Internet by every Iranian with a cellphone. It does my heart good to see a governing body dedicated to keeping its population firmly embedded in the sixth century being thwarted by the technology of the 21st. It will be very interesting to watch this one play out.

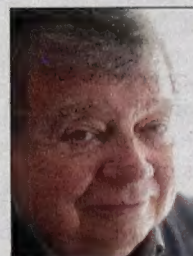
And since we're on the subject of wacky leaders, Kim Jong-il, still sporting his Elvis Presley bouffant, but otherwise looking decidedly sick, is beginning to make me even more nervous than he usually does. Here is a leader who, when he's not spending billions on cel-

ebrations of himself, spends every other North Korean penny on his huge, albeit starving, army – including a growing nuclear capability. I start to really get anxious when a nut bag like Kim Jong-il starts to look like he might be on his last legs health-wise. If his doctors tell him he only has a short time left, he might just de-

cide to see how his nuclear equipment works before he goes. He obviously doesn't give a damn about his starving people, and the fact that they would almost certainly be wiped out if he decides to push the nuclear button from his deathbed. Maybe his doctors can help us out here by giving him a nice dose of mushrooms to put him on cloud nine for his final days.

Meanwhile, back in our hemisphere, Venezuela, one of the few democracies in South America,

is being led by the outspoken, explosive Hugo Chavez, an ex-military man who through the usual, although failed, coup attempt, was able to gain enough fame and popularity, especially with the poor – which is just about everybody in Venezuela – to be elected president. He has based his government on trying to help out the poor in as many ways as possible, while trying to change the constitution to allow himself to become President for Life, which he still hasn't accomplished, but hasn't given up trying. Chavez plays the Venezuelan oil card as hard and often as he can, especially against the U.S. and its policies. He aligns his government with that of Cuba's Fidel Castro, with references to Che Guevara, for more popularity.



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Tickle me creepy

I ALWAYS EXPECTED that I would hear voices one day. But I was kind of hoping that the message would be something a little more profound than what I was currently hearing. Instead of some message from a higher power, I got "Ha, ha, ha, that tickles!"

Yes, that's precisely what I heard when I stepped out of my home office the other evening. Naturally, this bit of weirdness came in a high-pitched voice too. Crazy voices are always, for some reason, high-pitched. I think it adds to the creepy factor.

The voice was actually so soft that, at first, I wasn't even sure I heard it. But when I stopped to listen

once more, it repeated itself very clearly and it seemed to be coming from the vicinity of the doorway. After another brief listen, it occurred to me that a songbird might be trapped in the wood stove chimney pipe.

This happens at least once a spring.

"Oh great," I thought, "most crazy people hear voices from inside their own heads. Not me. I'm getting my crazy voice from a songbird. This ought to be good."

I stood there for a bit, mentally preparing myself to explain the ex-

cessive purchases of birdseed. Meanwhile, the voice kept repeating itself so as to drill its evil message deep in my psyche. "Ha, ha, ha, that tickles!"

"Well," I thought, "I suppose a person could hear worse voices."

At least the voice wasn't exhorting me to poop on a statue, crash into the picture window of a celebrity's house, or fly south for the winter. That was something to be grateful for.

Still, it was a voice, and that was probably not very good.

"Ha, ha, ha, that tickles!" It sounded off once again. This time I quickly determined that it was not coming from the chimney pipe at all. Therefore, it was logical to assume that it was probably not coming from a possessed songbird.

"Ha, ha, ha, that tickles!"

No, it emanated from lower. "Wouldn't you know it?" I thought. "Even the voices I hear are short."

"Ha, ha, ha, that tickles!"

Suddenly, I realized that it was emerging from an antique steamer trunk that Carol kept behind one of the living room chairs. It was a piece of luggage that had, at one time or another, probably been to the mysterious markets of the Orient— or at least as far as Irondale.

As I approached the trunk, I realized that this was how a lot of my favourite Twilight Zone episodes began – a lonely, pathetic man opening a box, only to find a ventriloquist's dummy that speaks to him and leads him down the wrong path. I made a mental note to be skeptical of anything the dummy said.

So, imagine my relief when I opened the trunk and found that one of the kids' old Tickle me Elmo dolls had just decided to have its last gasp. Still, it was kind of creepy since these things haven't seen the light of day in our house in several years. A prime motive for revenge, I noted.

I fully expected to be a part of the headlines next day, "Columnist Ticked to Death."

But no such luck. Apparently, the floor vibration caused by walking by it was enough to excite its circuits one last time. As I closed the trunk, I was relieved and, I won't lie to you, more than a bit flattered too.

Just before I walked away, however, it occurred to me in most of those old Twilight Zone episodes, the tormented character would probably decide to remove the batteries at this point in order to silence the dummy for good. Then, of course, one of two things would happen. Either the dummy would speak after the batteries had been removed or there would have been no batteries in it in the first place.

I guess I should have checked just to be sure but, you know, I think I'll leave that for the next guy.



steve
galea

Vinegar Hill



pic of the past

Employees of the Laking Lumber Company of Haliburton are lined up in front of the mill in the year 1912. The sawmill was located on the Drag River, near the centre of the village. Shown in the photo, in the back row, from the left, are: Dave Bazzett, Val Hoxie, Jack Bird, Tom Johnston, Jack Douglas, Archie Bishop, Arnold Roberts, Russell Curry, Ernest Boice, Elwood Hoxie, Ernie Laking, Alex Spier, Jack Potts (with broom), Fred Lilycraft. Front row, from the left: Jim Roberts, Walter Kellett (with canthook), Ike Roberts, Bruce Kellett, Ike Hadley, George Cluff, Adam Graham, Mac McAvoy, Frank Pethic.

letters to the editor

Down with Liberal tax hike

To the Editor:

If the Ontario government has its way, next July you will be paying eight per cent more for a coffee, gas for your car, propane for your furnace, mailing a letter, and even this newspaper. It will cost eight per cent more for your Internet connection,

so you may want to go online to sign a petition and let the Liberals know how you feel about it.

I did at www.unfairtaxgrab.com and you can too!

Harvey Clarke
Donald

Coalition connects lake associations

To the Editor:

Re: "Property owners unite" in the June 16, 2009 *Echo*. I don't think that the article appropriately covered some of these finer points, so I would like to reiterate them below:

- A number of executives from Haliburton property owners associations have come together to discuss our current issues and to explore possible solutions. One of the things we have discovered is that most POAs are looking to continue or expand their volunteer efforts (like creating maps or lake plans) but many are having problems getting volunteers.

- A lot of POAs do very similar things such as publish newsletters, host seminars and the like for their membership but may be finding it challenging to get articles or speakers.

- While some of the larger POAs have many contacts in the community and so are able to pass on information on events or activities like the Haliburton County official plan review, the smaller ones may not have the same ability.

Thus CHA has formed to:

- Allow member POAs to connect and discuss

common issues or concerns;

- Provide shared resources as deemed necessary;
- Publish a "lake area property owners manual"; and

- Encourage POAs to develop and maintain relationships with the various levels of government, NGOs and other stakeholders.

While there are issues that greatly concern one or more POAs, there is not the will or support for the CHA to become a political or advocacy group. At some point in the future, the member POAs may choose to alter that; however right now we need to focus on delivering value to the member POAs. Our first project is the manual mentioned before; Paul MacInnes has been working with the students from Trent University under the U-Links program. The manual has been partially written and we are still in the planning stages for production and distribution.

I hope this letter gives your readers a better idea of what the CHA is and is not.

Duncan McCallum
President

Coalition of Haliburton Associations

BOOKS

Piano virtuoso an unsung Canadian hero

JENN WATT

Staff Reporter

John Arpin could play any tune and any genre; audiences left his concerts stunned by his range and by his ability to improvise night after night.

He was a true piano virtuoso, writes his biographer Bob Popple, and one that should be recognized for his greatness in Canadian musical history.

"The guy could make a piano sound like a full band," Popple said in an interview. "He had 5,000 tunes at his fingertips."

Arpin died in 2007 of cholangiocarcinoma, an incurable cancer, at the age of 71, having never achieved the fame Popple believes he deserves.

That is why he has written Arpin's authorized biography, *John Arpin: Keyboard Virtuoso*, based on 40 hours of interviews with the pianist years before his death.

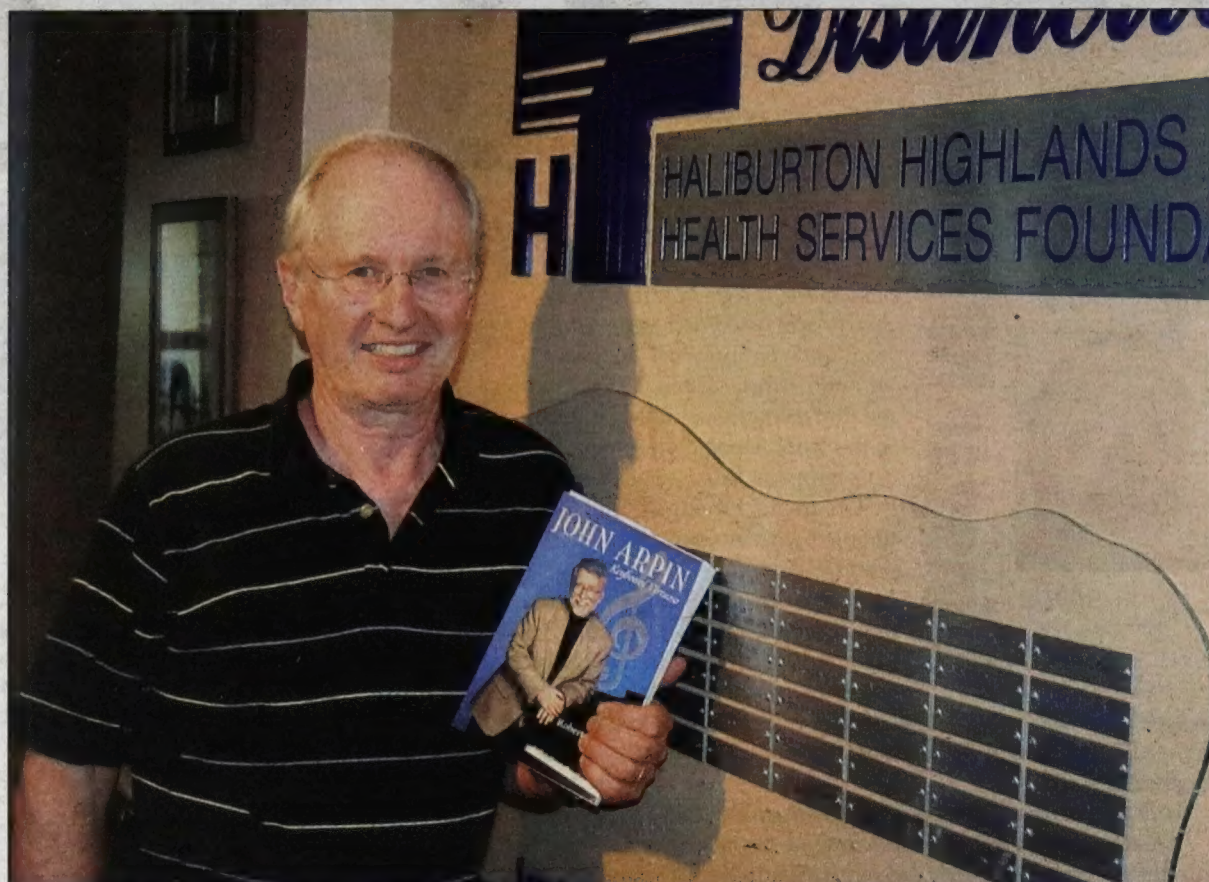
Brother to Curry Motors president Don Popple, who is also a board member for the Haliburton Highlands Health Services Foundation, Bob is giving the proceeds of all books sold through the foundation back to the foundation as he did with his previous book, *Northern Belle: The Life Story of Haliburton's Ethel Curry*.

Arpin produced 70 records in his lifetime, second in Canada only to Oscar Peterson, and shared silver at the Yamaha-sponsored competition in Tokyo for best composer-arranger-performer in 1979.

That win was barely reported back in Canada.

"That's so typically Canadian. We don't honour our heroes," Popple said.

Popple came to know Arpin as a kid when they both



JENN WATT/Echo

Bob Popple is donating all proceeds from the Haliburton sales of his latest book *John Arpin: Keyboard Virtuoso* to the Haliburton Highlands Health Services Foundation.

competed in the Midland music festival, though Popple was five years his junior.

Everyone, including Popple, looked up to Arpin and his ease with the piano, playing at Royal Conservatory of Music levels nine and 10 while just a teenager.

That was in the 1950s.

Much later in life Popple crossed paths with Arpin again, this time in Toronto where Arpin played for hotel and club audiences. It was then that Popple approached Arpin to write his biography, so taken was he

by Arpin's incredible musical talent.

The end result is a 358-page paperback containing interviews with dozens of Arpin's family and friends, an extensive chronology of his life and accomplishments and photos.

The importance of Arpin to Canada's music scene can be summarized by a quote from horn player Guido Basso, Popple said: "John Arpin had such a unique combination of talents that he will probably never be replaced."

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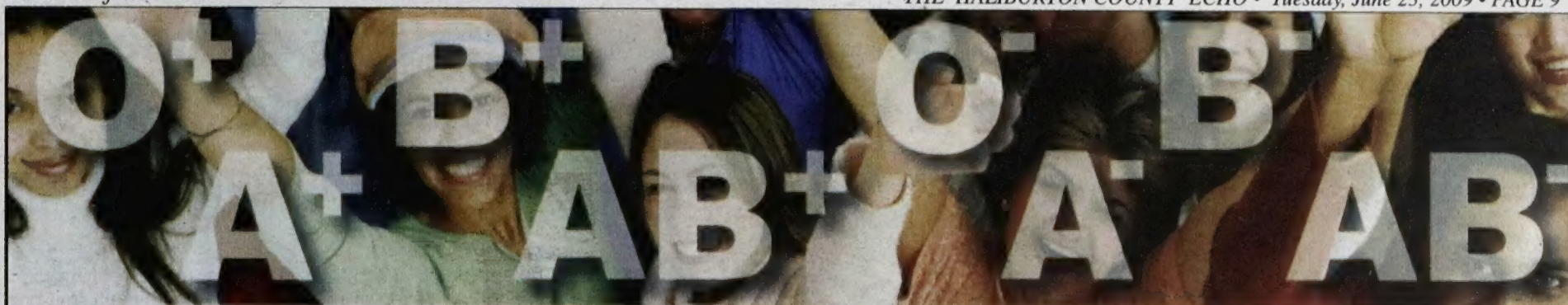
- A. coffee cups
- B. packing peanuts
- C. take-out containers
- D. packing Styrofoam from electronic equipment
- E. meat and bakery trays

Answer: A, C & E. Packing peanuts are too small and bulky pieces from electronic equipment are too large for the recycling facility to handle. Unfortunately these end up in the landfill, taking up valuable space. Please reuse, when you can!

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Reaching out for Red Wolves

Drivers on Haliburton's main street responded generously to the OPP's torch run on Saturday morning. The money raised will help the Red Wolves Special Olympics team. The torch run continued on to Kinmount and Minden.

MARTHA PERKINS/ECHO



Businesses hope people take extra day or two off

from page 10

tradition by taking the following Monday off work.

Dave Bishop of Haliburton Forest is taking that one step further, expecting some visitors to take two days off, thus creating a five-day holiday stretch.

"We're thinking positive," Bishop said. "There's nothing we can do about it."

Summer will officially launch at Haliburton Forest June 29 in honour of the odd week, and Bishop said the camps are mostly full already for that weekend.

Sir Sam's Ski Area is doing the same and kicking off its inaugural summer season June 27.

"We really feel that most people will take the Monday off," said director of recreation, Dave Webb.

About 200 people are expected for that weekend with special events planned including a barbecue, horseback riding, mountain biking and an arts and crafts show.

Boatwerks owner Jeff Strano thinks the weather will have more effect on tourism than where Canada Day falls in the week.

"We do better business on the long weekend, but the weather is the biggest factor," he said.

"For sure there will be some sort of impact ... but it's not that big a deal," he said.

Staffing during that entire week will be difficult to plan, Greg Scheffee, owner of Haliburton Tim-Br Mart. He is planning on the assumption that the weekend prior to July 1 will be extended by many tourists and cottagers.

Sharpley's Source for Sports is running on a similar assumption.

"We're trying to figure out what the cottagers are doing," said manager Shannon Irwin. Although Sharpley's will have extra staff for both weekends, they expect the heavy traffic to be the June 27 weekend.

Irwin said the Wednesday Canada Day could have a positive effect by creating a gigantic long weekend rather than discouraging tourism on that weekend.

Ontario's adoption records are now open.

visit www.ontario.ca/adoptioninfo

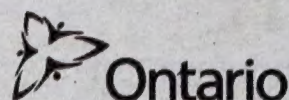
Effective June 1, 2009, Ontario's adoption records are open. This means that adopted adults and birth parents can apply for post-adoption birth information from birth records and adoption orders.

An adopted adult, 18 years of age or older, can now apply for a copy of his or her original birth registration and adoption order. A birth parent can receive information from the birth registration and adoption order of the child that was placed for adoption once that child turns 19 years old.

If you want your identifying information kept private, and if the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto.

To learn more about your right to information and privacy regarding adoption, visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).

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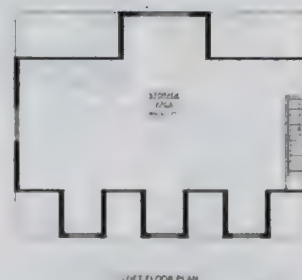
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■ SUSTAINABLE BUILDING

HHSS students build log classroom

MATT JAMES

Staff Reporter

If you build it they will come – and go on and do good things with their lives.

At least that's been the case for Haliburton Highlands Secondary School teacher Derek Little and his Highlands Outdoor Educational Development program.

Three years ago Little received an offer he couldn't refuse from Haliburton Forest and Wildlife Reserve owner Peter Schleifenbaum. After seeing all the great things Little's class was doing for the community Schleifenbaum wanted to either make a cash donation or donate the lumber required for the students to build themselves their own building next to the high school.

"I didn't know he was actually serious," said Little at the job site near the portables on June 3.

After taking the news to HHSS principal Gary Brohman, the two came up with an obvious answer: why wouldn't they build a classroom for these kids?

"It would be a really great incentive for the practical-level kids in our school to be able to have an opportunity to do something like this," said Little.

Nearing the end of 2008 the red tape was cleared and the school got the green light to go ahead with construction, which began at the end of May with Little's Grade 11 and 12 students.

The four-credit outdoor education program is designed to give students the skills they'll need once they graduate from school and go out into the working world.

Since the program's inception nine years ago, students have done a number of community-based projects such as re-sodding Rotary Park, cutting firewood every semester for people of the

community, and more recently, creating the opportunity for Archie Stouffer Elementary School students to play in the wooded area next to the school.

"The other thing we try is give the general community a different consensus view about our youth," he said. "We have lots of good, good kids in this community; we simply need to provide them with an outlet.

"We simply need to do something other than our tech programs, which are wonderful. We need something outside of the box," Little said.

Once the building is complete, which should be by the end of June if not sooner, it will be utilized as a classroom tied to the program.

Because of the program's success, Little is starting another program in September with even younger kids in Grades 9 and 10. And while many call him crazy for taking on a younger group of kids he says helping kids in why he got into teaching in the first place.

"We're going to try and bring kids into the high school system that don't like school," he said.

Like his coaching style on the football field, he says there is only one way he delivers the program: tough love. He also says there is not one student who would disagree with that.

"I guess I have a unique ability in some way to be able to get through to these kids," said Little.

Absenteeism is a huge part of why students fail to graduate from school. This time last year Little says the average number of absent days in the first semester for students inside normal classrooms was 28 days. On average, his students missed just two days. On top of that Little says that more than 90 per cent of the kids who have come out of his program are currently employed full-time.



HHSS teacher Derek Little, left, and two students of Little's Highlands Outdoor Educational Development program were working hard June 16 as they put up the walls of a new sustainable building at the high school. /Photo by Matt James

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FIRST RIDE PROGRAM

Safety starts before fall

MATT JAMES

Staff Reporter

Hang on to the handrail, look both ways, and wait for the bus driver's signal to cross the street. These are just some of the rules that soon-to-be students of Stuart Baker Elementary School will need to know in September.

On June 9 the annual First Ride School Bus Safety Program was held at the Ontario Early Years Centre. Lynn White, a bus driver with the First Student Canada bus line, was back again to help the

kids get used to riding the bus and do so safely.

White began with a brief introduction followed by a fun, instructional safety video starring Winnie The Pooh and friends. After the video the kids and their parents waited for White to give the thumbs up to cross the parking lot and climb aboard using the handrail.

Then it was off to J. Douglas Hodgson Elementary School to show the kids where they'll be dropped off for the first day of school.

See you in September!

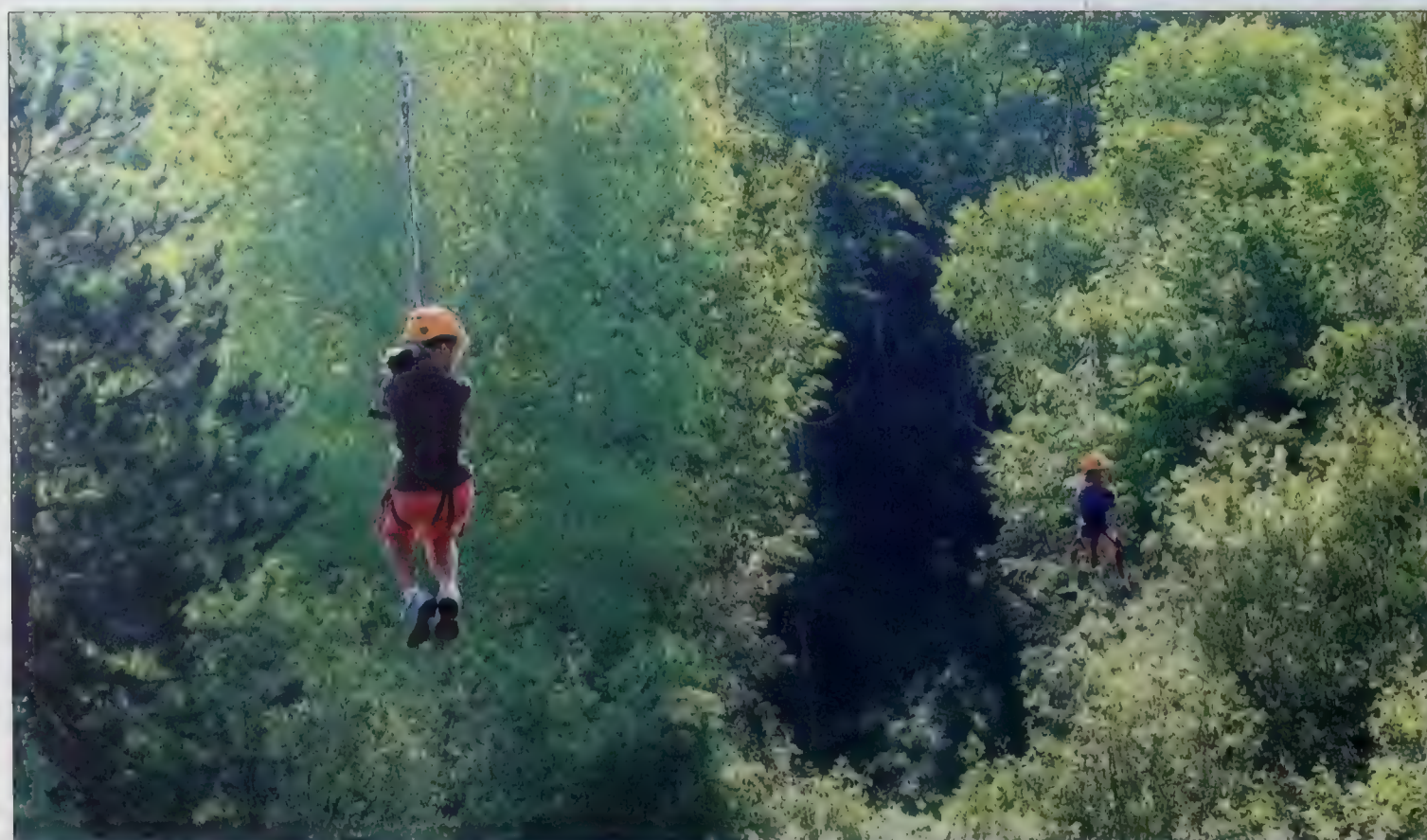


Terri Mathews and her daughter Annie Merrifield climb aboard for a ride to SBES.



MATT JAMES/Echo

Carter Stamp gets a taste of what riding the school bus will be like in September.



MATT JAMES/Echo

Weeeee

Action, adventure – a Jedi craves not these things but the Grade 4/5 students of Wilberforce Elementary School do!

That's why the class head out to Medeba June 19 for the end of the year class trip. Thanks to the care and encouragement of Medeba staffers Dan Fahrur, Nathan Johnson, and Ruth Wagner, the students ripped down a 700 foot, double zip line and swung for a few hours on a giant swing.

WES Grade 4/5 students Alexandra French, left, and Susie Cachia get some serious speed as they glide down the zip line at Medeba. What a way to end the school year!

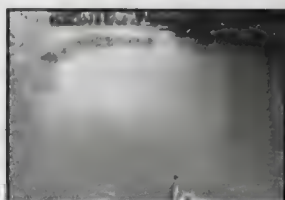


Fish on! Extendicare resident Mavis Kingston catches a few fish and Madeline Hopkins takes them off.



SBES students Alec Stoughton, left, and Parker Smolen watch as George Bartley drops a putt in the putt-putt challenge.

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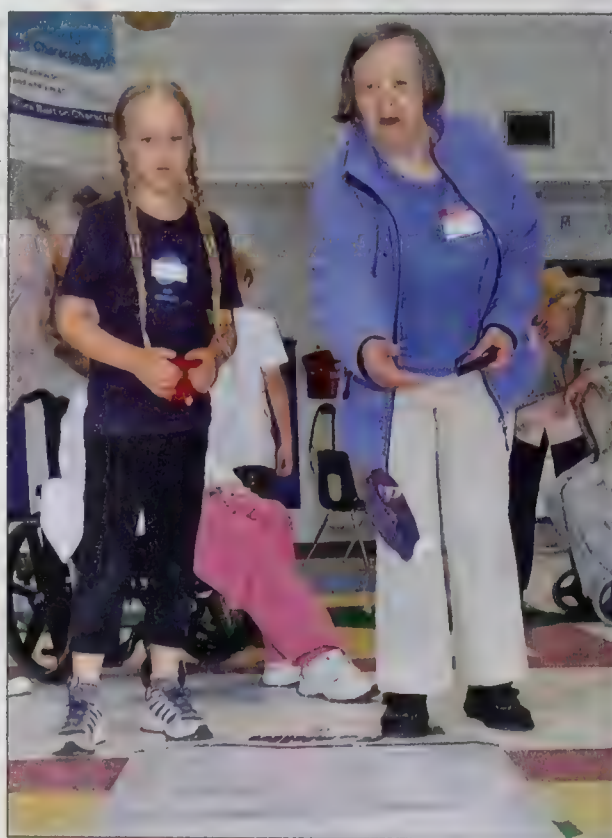
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SENIOR OLYMPICS

Bond of ages

MATT JAMES

Staff Reporter

Grade 3 students at Stuart Baker Elementary School teamed up with Extendicare residents for a ninth consecutive year for the Senior Olympics at SBES on June 15.

Extendicare volunteers and employees helped staff five play stations where the children and residents interacted.

Mary Turner, a third year volunteer says the event was first called the Millennium Olympics because of its inaugural year in 2000.

"The idea is to bring seniors and children together to interact," said Turner. "It's been amazing to see the bond that's formed."

Left: SBES Grade 3 French immersion student Claire Karaguesian and Extendicare resident Theresa Lukasser face off in a friendly game of bean bag toss.



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ART HIVE TURNS TWO

Celebrate birthday with an art class or demonstration

The Art Hive Maple Lake Artisans Collective invites you to its second-year anniversary celebration on Saturday, June 27. This is a perfect opportunity to get a taste of what the artisans collective has to offer by participating in creative activities. Help build community through sculpture with Jonathan Hagarty. Try your hand at silk screening a T-shirt with Darby Bayly. Participate in a rhythm and drum circle with Barry 'Bazza' Hayward. See hands-on demonstrations in pottery, weaving and jewellery making. Celebrations begin at 11 a.m. with the cutting of our two-tiered birthday cake, and continue until 4 p.m.

It is hard to believe that just two years ago, the Maple Lake Artisans launched the Art Hive Gallery and Arts Centre in what was the historic Maple Lake Store. It has been a tremendously busy time for members, who have much to celebrate together and as individual artists. What do they do when they're not at the Art Hive?

- Painter Noelia Marziali's painted muskoka chair was published in Cottage Life Magazine.

- Three members represented Haliburton County and The Art Hive at the One of a Kind Show this spring: textiles artist Sandi Luck through the Eastern Ontario Artisans Market, Kathleen Atkinson-Hindle through Fleming's Haliburton School of the Arts and April Gates with her Black-

bird Pottery. As a result of the One of a Kind show, Gates's work is now available at the Art Gallery of Ontario and will be featured in a fall issue of Canadian Living magazine.

- Artist blacksmith and jewellery artist Kathleen Atkinson-Hindle is working on a series of creative hand-forged bike racks for the city of Toronto as well as a set of gates for famously rootsy Kensington Market.

- Painter Sandy Slote is the featured Hand of the Maker artist until July 2 and is busy bringing together props for the upcoming theatre production of 'Annie'.

- Basket maker Sheila Ziman and fine wood carver Jonathan Hagarty were both selected to the Ontario Craft Council's travelling juried exhibition of contemporary craft in Eastern Ontario, Masterworks East. This exhibition visits the Rails End Gallery July 2 - July 29.

- Painter Laurie O'Reilly will be showing at the upcoming Toronto Outdoor Art Exhibition in July.

- Potter Lisa Barry is co-ordinating the arts programming at the Frost Centre Institute by day while building a new home with partner Matt Mihlik by night, while also preparing work for the fall Studio Tour...

- Potter Sharon Lynch's studio is a new destination to visit for this summer's Tour

de Forest with jewellery artist Erin Lynch as her guest.

- Weaver and painter Wendy Wood, a Studio Tour veteran, is busy weaving away on her new 'Cadillac' loom allowing her to do larger scaled pieces. April Gates, new to the fall tour, will be a guest artist at painter Rose Pearson's studio.

- Musician Barry Bazza Hayward is drumming his way to Africa this summer.

- Photographer Corey Pietryszyn deals with landscape and nature-based work framed in his original reclaimed wood frames.

- Among many other members, Darby Bayly, and Stacey Pietryszyn, artist super-moms, offer unique, diverse and affordable programming for children, youth and adults.

The Art Hive Summer Fun Workshop Series and Mobile offerings:

The Art Hive has a summer chock full of interesting and affordable programming for children, youth and adults: weaving, basket making, pottery, toy making, paper-making, scrap-booking, improvisation, jewellery making, sculpture building, photography, cement sculpture and many more. It is now offering travelling art workshops where artists will provide a custom workshop at your location of choice for family, friends and businesses.

In a challenging economic climate, they continue to work diligently and creatively as individuals and as a collective and would love to celebrate this with you. Join the celebration, meet the artists and have some cake. This is an event TWO great to miss!

For more information, call 754-0021 or visit www.thearthive.com.

The Art Hive is located at 10239 Hwy 118.

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The Times



Echo editor Martha Perkins gets the best of Jim Hopkins in the "celebrity" tricycle challenge. Sue Shikaze, in the background, certainly thinks it's funny.

■ CYCLE FESTIVAL

No tricycle too small

~ Photos by Matt James ~

MATT JAMES

Staff Reporter

Haliburton cycling enthusiasts were too geared up to let a little rain stop them from celebrating the fourth annual Cycling Festival in Head Lake Park on Saturday, June 20.

The record-breaking ride kicked off the event. It sent cyclists through Head Lake Park, into the village of Haliburton, and back to the park again where a number of activities took place, such as live music, draw prizes, food from Rhubarb chef Chris Carl, a bike gear swap, and bicycle treasure hunt to name a few. And the new celebrity tricycle challenge was a great success!



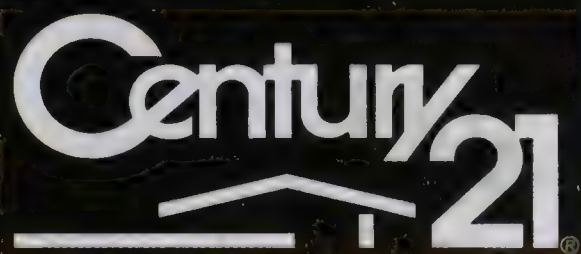
There's nothing more fun than a ghost ride. Shawn Kadwell goes for distance.



Left: Sophie Longo is all geared up and ready to go for a bike ride. But first she must decorate her bike at the kids' arts and crafts centre.

Below: From left, warming up for the world-record ride are Mac and Caroline Ellis, Madeline Hopkins, Rails End Gallery executive director Laurie Jones, Pamela Marsales, and local health unit health promoter Angela Van Berlo.





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Karen Nimigon 457-2128 x 29

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Paul Szpik 457-2128 x 31

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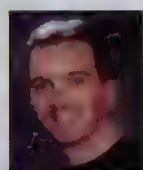
Karen Nimigon 457-2128 x 29

Kennis Lake - \$849,900

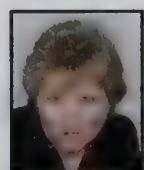


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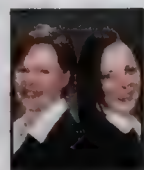
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Janice Brookes**
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Dagmar Boettcher**
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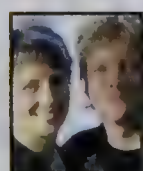
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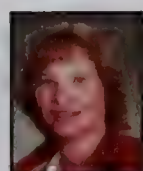
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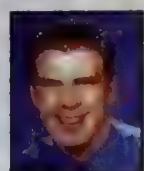
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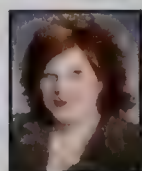
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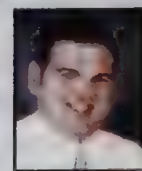
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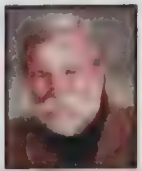
Greg Stamp**
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Paul Szpik**
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Wilfred VanLieshout**
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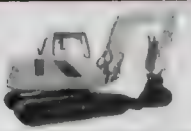


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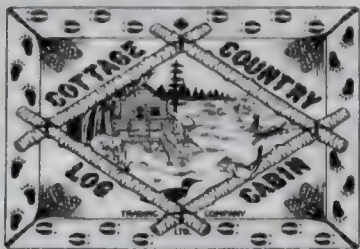


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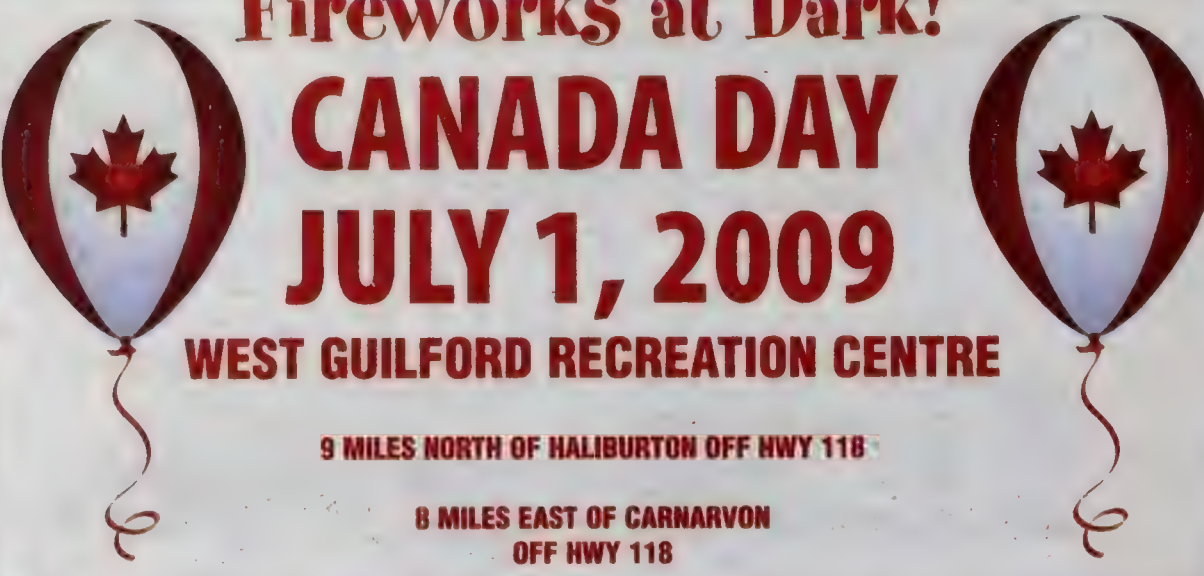


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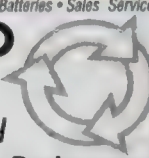
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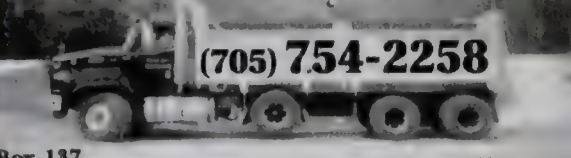
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WEDNESDAY JULY 1

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| 9:30 am | Pine Lake Swim (Registration 8:30 - 9:00 am) |
| 10:00 am | Horseshoe Tournament (Registration 9:00 am)
Snack Bar opens |
| 12:00 pm | Opening Ceremonies
Decorated Bike Contest/Best Costume (Red & White) All Ages
Canada Day Citizen Award, Flag Raising with National Anthem
Contests for Most Descendents, Youngest & Oldest |
| 1:00 pm | Waterfront Races
Field Races for Children, Grandparents, & Adults
Ball Toss, Kid's Nail Drive
Ladies' & Men's Cross Cut, Ladies' & Men's Nail Drive |
| 5:00 pm | Kids' Scavenger Hunt
Bar-B-Que Supper (5:00 - 6:30 pm) |
| 5:30 pm | Announce Winners |
| 7:00 pm | Kids & Parents Soccer Baseball Game
Heritage Contest (Trivia Questions)
Music with DJ Jamie Bacon |
| Dark | Fireworks (Toll Bridges) |

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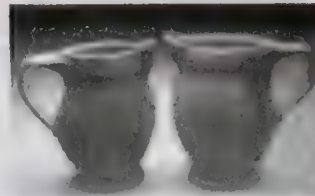
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■ GETTING READY FOR THE DRAFT

Duchene put to the test at NHL Combine

MATT JAMES

Staff Reporter

Sitting in a room with members of the Toronto Maple Leafs hockey organization, Matt Duchene is asked which of the following people he'd most like to have dinner with: U.S. President Barack Obama, tennis star Maria Sharapova or hockey pest Sean Avery.

"Part of me wanted to say Maria Sharapova," said Duchene with a smile. "But my brain told me to tell them Obama, so I said Obama."

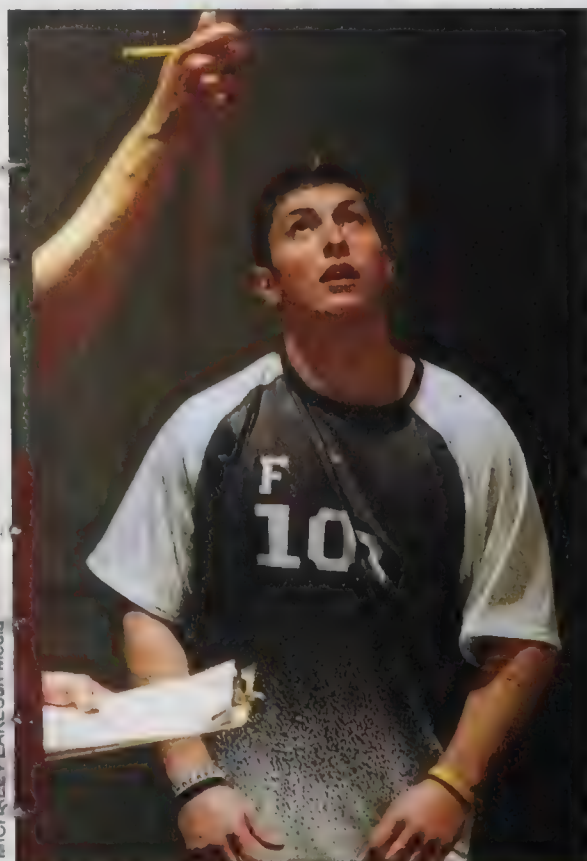
Sitting in a vacant student services office at Haliburton Highlands Secondary School during lunch break in mid-June, the *Echo* was talking to one of this year's top draft picks about his experience at this year's NHL Combine in Toronto last month.

The style of question posed by the Leafs is just one way NHL team management gets to know how the top junior hockey players think. The teams' ultimate goal is to figure out which player might best suit their roster.

If you're unfamiliar with the annual NHL Combine, it is a gruelling day of physical and psychological tests that players endure, in part to prove that they have what it takes to become an NHL player.

So how did the Haliburton hockey player measure up?

"I was average to above average," said Duchene. "I just wanted to be able to compete there and I did well."



MICHAEL PEAKESun Media

Matt Duchene eyes the vertical jump, one of the many physical tests he was put through in advance of this Friday's NHL draft.



MICHAEL PEAKESun Media

A concentrating Matt Duchene nears the end of his set of bench presses at the NHL Combine in Toronto last month.

While Duchene is used to being near the top of lists of hockey stats, he learned it was normal for a player like him to be average at the combine. In the days following the combine he, along with fellow top prospects John Tavares and Victor Hedman, visited the Tampa Bay Lightning and spoke with one of the trainers about their combine results.

"He said it's very rare that you have a guy that's at the top of the totem pole and is an unbelievable player at the same time," said Duchene. "It's so rare that [Alexander] Ovechkin is the only guy he could think of like that."

While the tests were unlike anything he'd experienced with the Brampton Battalion or his summer one-on-one sessions at Millennium Fitness in Haliburton, it was his surroundings during testing that were most intimidating. Testing took place along the perimeter of a large room of the Westin Bristol Place hotel. Set up inside that perimeter were a number of tables where NHL team trainers, scouts, and general managers, along with a plethora of media, fixated on the players performing before them. At any given time there might be more than 50 pairs of eyes on him.

"It was crazy," said Duchene. "For Tavares, Hedman and I, we had one or two cameras following us around the whole time. At first it was really unnerving and by the end of it you just got used to it and you could tune it out."

Of the 13 physical tests, Duchene says his best results were in the vertical jump and long jump.

"The tests with the light power I did well in," said Duchene. "I think there was only one or two things I was barely below average in."

Like his boyhood hockey buddy Cody Hodgson, who did the combine last year, Duchene's worst physical test were sit-ups.

"I only did one sit up because you had to do it to a metronome," said Duchene.

Without anyone keeping his feet down, he says if you're not flexible at the hips then it's very difficult to keep to the tick-tock of the metronome. However, the 18-year-old says he wasn't the only one with poor results.

His favourite tests were anything to do with leg power, one of his best hockey attributes, and his most despised tests involved the two stationary bikes, the Wingate and VO2.

The Wingate is 30-second anaerobic test – a full-out sprint where friction is added as the bikers go, making it harder and harder. After a 10-minute rest the young men climb onto a stationary bike with their feet duct taped to the pedals and a hose over their nose and mouth for the VO2 max test, which measures aerobic fitness.

"With the tube in your mouth your throat dries out, so you can't swallow," said Duchene. "And they didn't tell me I couldn't swallow, so I tried to swallow and my throat closed up and I had to end right there."

"Your mouth stays open and you can't breathe through your nose, so it's all dry air, drying your throat out. It's the worst feeling in the world."

Over the years the VO2 test has caused a number of players to pass out or be physically ill, as players push their body to the limit. While Duchene didn't see that happen to anyone, a lot of players were close, including him.

Psychological testing

It is widely known in the Combine world that the physical testing is less important than the psychological testing.

See **NHL TEAMS** page 23

NHL teams learn if Duchene would be good fit

from page 22

cal testing and team interviews. Teams want to know if a player is going to be a leader or a cancer in the locker room, and in order for teams to discover this, players likely to be selected later in the draft are drilled a little harder as it's more difficult for management to filter through the talent.

"They try to get into your head in the sense that wanted to know what you were thinking, but nothing like where they try to intimidate you," he said.

Going into his first interview with the Phoenix Coyotes Duchene was nervous but prepared. After all, it's not just the teams that take the interviews seriously. The Duchenes as a family – dad Vince, mom Chris and sister Jessica – understand that hockey at this stage is as much about the game as it is about the business.

"We had a guy come in who works with athletes in terms of interviews," said Duchene.

Just a day before the interviews Duchene played one-on-one games that helped him identify and pull things out of his memory so he'd be prepared when asked about his life. "It helped show examples of certain things like family, where I comes from or what I'm good at," said Duchene.

A lot of teams asked him the same questions and after the first few interviews he was able to formulate what he wanted to say a little more smoothly.

"It's memorization," he said. "What you want them to know is who you are... and I think I've had a pretty good reputation so I was just able to go in and be myself. You want to be humble and play things down but you don't want to degrade yourself. You want to sell yourself basically without being cocky. It's a very fine line."

Duchene says no team drilled him too hard, but "I know San Jose yelled at a whole bunch of guys. Some of the stories I heard were really funny."

By the end of the interviews Duchene was seen by 18 of 30 NHL teams. Under the Combine rules, teams are allowed 20-minute interviews and Duchene says about five teams maximized their time with him.

The Columbus Blue Jackets interview was long, the Carolina Hurricanes interview was short, and the Boston Bruins drilled him the most.

He's not sure why the Blue Jackets took so long since it has a fairly late pick and Duchene is expected to be



MATT JAMES/ECHO

This week TSN will be broadcasting a show about Matt that they filmed during a recent visit to Haliburton. In this segment, Matt works on his art in the basement of his Haliburton home.

in the top three; his minute-and-a-half interview with Carolina consisted of maybe two questions and wishes of good luck; and Boston, who has one of the last picks, was the toughest.

"In that one [interview] they had about 20 guys in there," said Duchene. "Some teams had three [people in the room]."

His best interview vibes came from two teams that he's not likely to land with, the Florida Panthers and the L.A. Kings.

When asked if any of the teams had a sense of humour, he recalled the night before the interviews began. Someone had told him and his Combine roommate Tavares that their vocals might be tested.

"Somebody had told us that Washington made you

sing a song," said Duchene. "So we were going through [John's] play list trying to find something [he could sing]."

Neither he nor Tavares were requested to sing, much to their relief.

It's been a whirlwind year for Duchene and in just four days he'll reach the apex, when an NHL team selects him on draft day.

"I haven't taken a week or two off from anything in three years," said Duchene, who is looking forward to a bit of a break.

Want to watch Duchene get drafted on live television? Turn on the tube to TSN Friday, June 26. The draft starts at 7 p.m.

PAUL HENDERSON

Living legend supports Living Water

MATT JAMES

Staff Reporter

Paul Henderson might be able to score timely goals but he can't putt to save his scorecard.

On June 18 the Team Canada living legend, who scored the series-winning goal of the 1972 summit series against the Soviet Union, was a guest at the second annual Seeds of Hope Living Water golf tournament at Pinestone Resort. The tournament raised more than \$20,000 for Living Water International Canada (LWIC).

After about 72 golfers enjoyed a best-ball round of the course, supporters gathered inside for a delicious buffet dinner where they were captivated by Henderson's talk about Living Water and the tribulations and successes of his life as a hockey player and a Christian.

"Living Water," said Henderson, "what a great cause. I compliment all of you."

While Henderson's speech went far beyond simple congratulations of the day's events, it was a story of

another man that put Living Water and what they can accomplish into context.

Last year Living Water, a faith-based non-profit organization committed to providing clean, safe drinking water to desperately poor people in developing countries, sent a small group of well drillers to Guatemala to drill for water. The experience was life-changing for many people in the group but especially for Haliburton's Jason Casey.

"Going on a trip like that makes you think about life," he said, "and I took a lot of things for granted. It's hard for me to talk about."

Striking water after three days of drilling, interacting with the Guatemalan kids, and experiencing a different culture made him realize just what the trip meant to him and the world around him.

"From my heart you have to go on a trip to see how things are," said Casey.

Haliburton's Barry Hart brought Living Water to Canada in 1985.



Mr. 1972, Paul Henderson made a heck of a delivery to the golfers and supporters of the second annual Seeds of Hope Living Water golf tournament at Pinestone Resort.

■ COMMUTER CHALLENGE

Haliburton County walks and rolls

SUE SHIKAZE

Special to the Echo

Congratulations to the 117 individuals who participated in the second Haliburton County Commuter Challenge from May 31 to June 6. Eighteen workplaces were represented and individuals walked, cycled and ran to work and to other destinations. A few families also participated, using active transportation to go to places like school and parks.

Total distances travelled in a day by any individual ranged from one kilometre to 100 km. The idea of the Commuter Challenge is to encourage people to try it out, even once. And that's what many people did, trying out manageable things like parking less than a kilometre from work and walking in. No matter what the distance, it is the effort that counts, with the benefit of gaining some physical activity and reducing some or all of a car trip.

Congratulations to the following workplaces:

- Butera Dentistry, which had 100 per cent participation, and won in the category of workplaces with one to 6

employees.

- County of Haliburton, with 40 per cent participation, winning the category of seven to 24 employees

- Haliburton Highlands Secondary School, with 56 per cent, winning the category of 25+ employees

The farthest total distance accumulated by a workplace was 692.5 km by Haliburton Highlands Secondary School, followed closely by JDH Elementary School with a total of 659.5 km.

And congratulations to the following individuals:

- Rob Meyers, a teacher at CHIMO, who cycled a total of 336 km

- Jessica Stephens of Patient News, who walked a total of 48 km

Honourable mentions go to Brian Mulholland, County of Haliburton, cycled 270 km, and Erin Kennedy, JDH Elementary School, who walked 40 km.

The total distance travelled actively in Haliburton County was 3,897 km, up from a total of 2,476 km last year. This saved 1,091 kg of CO₂ emissions (280 g/km, based on average emissions released by a 2004 Chevrolet Cavalier 4-door sedan, 2 litre 4 cylinder). It also saved approximately 311 litres of gas



Rob Meyers was this year's winner of the second Haliburton County Commuter Challenge from May 31 to June 6. He was one of 117 individuals who participated in the event and over the course of the event Meyers rode a total of 336 kms to and from work.

(using 8L/100km), or about \$305.50 (at .98/L). Small distances add up!

Many thanks to the County of Haliburton, who provided great prizes through a grant from the Ministry of Transportation. Congratulations to all who participated! It's good for your

health, the environment and your wallet! We hope that you will continue to use active ways to commute throughout the year!

Sue Shikaze is a health promoter with the HKPR District Health Unit.

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Sir Sam's Ski Area is no longer just a winter destination. Starting at the open house on June 27 and 28, it will be open throughout most of the year.

In May, volunteers from the Durham Mountain Biking Association and other local volunteers, helped Sir Sam's staff clear four kilometres of new mountain bike trails.

The trails wind their way up and down and through open fields and forests, taking in breathtaking views over Eagle and Moose Lakes. The trails are cut and groomed to technical standards to ensure their durability and that they are sustainable. Sir Sam's will have more than six kilometres of trails for all levels of ability. Rental bikes will be available on site from Algonquin Outfitters.

In addition Sir Sam's will be offering scenic chairlift rides, pony rides, local arts and crafts gallery and food service. Every Tuesday night starting June 30, Algonquin Outfitters is hosting OCA cross country and downhill races. Races start at 6 p.m. It's \$15 for the first race and \$10 per race thereafter. Prizes will be awarded each week. Sir Sam's, in conjunction with Sirbikealot, will be hosting an Ontario Cup downhill race on August 15 and 16. Visit www.sirbikealotracing.com for details.

Sir Sam's Ski Area Summer Hours of Operation Trails

July and August: Wednesday to Sunday from 8:30 a.m. to 2:30 p.m.

September and up to Thanksgiving Weekend: Weekends only from 8:30 a.m. to 2:30 p.m.

Chairlift Rides

July and August: Friday, Saturday, and Sunday from 8:30 a.m. to 2:30 p.m.

September up to Thanksgiving weekend: Weekends only from 8:30 a.m. to 2:30 p.m.



Sir Sam's Ski Area offers a host of summer activities including cycling the trails that wind up and down hills, through open fields, forests and to breathtaking lookouts.

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Grade 5, 6 and 7 students of J. Douglas Hodgson Elementary School gather outside the gymnasium after graduation from D.A.R.E., a drug awareness program run through the school with the OPP. Photo by Matt James

JDHES GRADUATION

D.A.R.E. to be different

MATT JAMES

Staff Reporter

Students of J. Douglas Hodgson Elementary School graduated from D.A.R.E., Drug Abuse Resistance Education, a 10-week course with Haliburton Highlands OPP constable Mark McMaster on June 18 at the school.

After a few opening messages from McMaster and vice-principal Gord Wood,

four students, Jordan Nimigon, Jessica Karaguesian, Jadon Bull, and Josie Pateron, took the mike to read their D.A.R.E. essays, which each student was required to write in order to graduate.

Kids also demonstrated ways to say no with skits from Ms. Shantz Grade 6 class and Miss Kennedy's Grade 5/6 class, through a rap song from Mme. Brandon's Grade 6 class, and a video from Mr. Buchanan's Grade 6/7 class.

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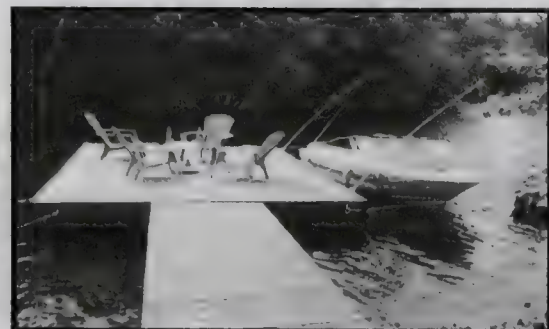
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MARTHA PERKINS/Echo

Exhausted but proud, the organizing committee of Haliburton's Relay for Life was presented with two awards on the morning of June 13. Committee members are, from left: Front row: Heather Cocksedge, Jamie Woodman, Shelley van Nood, Cheryl Phillips, Rose Mary Shivji, Carole Craigmyle, and Aggie Tose. Back row: Katie Hammerschmidt, Ian Pay, Mike Donnelly, Julia Donnelly, Mark Dennys, Kim Lewis, Wendy Iles, Mike Iles and Barb Fawcett. Absent are Brenda Robinson, Mary Lou Waggett, Cheryl Crawford, and Deeno Pearsell.

Relay for Life raises half a million dollars in three years

from page 1

including co-chair Aggie Tose, became the focus of the praise.

Haliburton's Relay for Life committee has been given two awards. One is from the Peterborough and area cancer society for "celebrating teamwork." The other is from the Ontario branch of the cancer society; it recognizes that Haliburton has more cancer survivors per capita participating in the Survivors' Lap than any other community in the province which hosts the event.

Mary Reynolds, a Canadian Cancer Society employee who helps oversee the five Relays for Life in the Peterborough district, said "the energy, innovation and collaboration demonstrated by this group of volunteers has been admirable and the outcome exceptional. Your combined vision provides an approach that can serve as a model for other Relay committees."

She acknowledged the "great leadership" of Iles and Tose. "They just work so well together and make it fun," said Reynolds. "Their passion is contagious."

Everyone has been astounded by the success of Haliburton's Relay for Life, both in terms of the number of partici-

pants and the money raised. Roughly 800 people (participants and volunteers) raised \$130,000 in 2007. The next year, that amount jumped to \$190,000. This year, the number of teams was down from 67 to 60 but the event might be able to surpass the 2008 fundraising total. On June 13, Iles said he was being "conservative" when he announced the event had raised \$170,000.

All told, in three years Haliburton County has raised more than half a million dollars.

"I believe," Reynolds said, "that we'd be hard pressed to find another event that truly embodied such community spirit so well."

Some of that money will stay in the community to help with such things as the volunteer driver program. In this area, volunteer drivers make 11,000 trips a year, driving cancer patients to and from their medical appointments.

It's because so many lives have been touched by cancer that the organizing committee works so hard. In his closing remarks on Saturday morning, Iles looked back on an evening that brought the county together for one goal. Throughout the night, community volunteers had helped keep the partici-

pants motivated by offering such things as pedicures, back massages, entertainment, dance classes and lots of food. Around the track, 1,400 luminaries were lit in honour or in memory of someone who had had cancer. There were tears but there was also a celebration of lives fully lived.

"The important thing," said Iles, whose father Joe was in the Survivors' Lap, "is that we fight back."

Other highlights:

- The top team for pledges was Haliburton Foodland, which raised \$7,200

- Top individual pledge earner was John Simpson of First Student Busy Bees, \$2,100

- Best decorated campsites went to Dhiren, which means "one who is strong." Their theme was Follow the Yellow Brick Road to a Cure.

- The person who logged the most steps on his pedometer: John Sadler with 50,000.

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Photo: Gord Barter

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Times to Laugh



Students of JDHES don their pajamas for a visit from Alan Ingram, a travel volunteer of Sleeping Children Around The World.

SLEEPING CHILDREN AROUND THE WORLD

JDHES students surpass goal in fundraiser

MATT JAMES

Staff Reporter

J. Douglas Hodgson Elementary School students are helping kids in developing countries get a more comfortable sleep.

Last week they presented a cheque for \$1,120 to Alan Ingram, a travel volunteer for Sleeping Children Around the World.

The Rotary Club of Haliburton challenged the school to raise money for the charity and agreed to match their funds up to \$500.

The kids exceeded that \$500 amount through a candy cane sale, school dances, and an ongoing spare change drive.

"That's a really good amount of money" for a small school in a place like Haliburton, Ingram said.

Founded in 1970 by Murray and Margaret Dryden, the parents of famous hockey goalies Dave and Ken, Sleeping Children Around the World has raised more than \$20 million to provide bed kits for children ages six to 12 in 33 countries.

This year the program reached its millionth child.

Today, Ingram says, it delivers approximately 60,000 bed kits a year.

"And 100 per cent of these kits reaches the children," he said.

"There's no overhead because [SCAW] is all volunteer."

The money is wired overseas where service clubs purchase the goods in the specific country in order to maximize the number of bed kits with Canadian dollars.

The cost of a kit is about \$35 and includes a mat or mattress, two pairs of pajamas, pillow, flip-flops, blanket, towel, school supplies, and, if applicable, a mosquito net to help prevent malaria.

For every bed kit donated a photograph is taken with the children and mailed back to the donor, so in the fall the students of JDHES will have a picture of all of the kids they've helped getting a better night's sleep.

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Mme. Zahab's Grade 3 class performed *Le magasin de jouets*, which included a visit to a farm where all the animals spoke French.



M. Beaton's Grade 4 class took the audience on a canoe trip up the Gatineau River to cut wood for the Ottawa area lumber mills.

Un grand spectacle!

Last Tuesday night, French immersion students from Stuart Baker Elementary School and J. Douglas Hodgson Elementary School showed off their language and acting skills during a night of theatre at the Northern Lights Pavilion.

Photos by Trish Wootton and Marie-Lee Zahab

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Father's Day Reflections

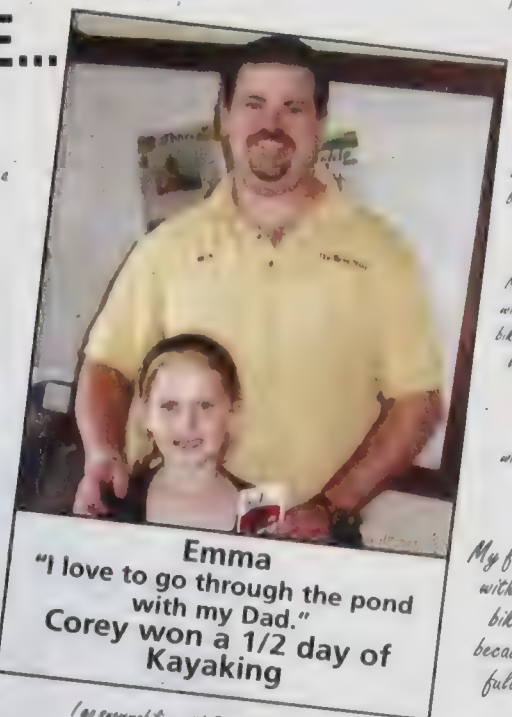
Your favourite thing to do with Dad...

AND THE WINNERS ARE... Heather & Emma

Here are some of the
wonderful entries that
children have submitted...



HEATHER
"When my Daddy puts me to bed
he gives noseys, butterflys, hugs,
kisses and the best part is he does
it every single night for me."
Mike won A Golf Timer



Emma
"I love to go through the pond
with my Dad."
Corey won a 1/2 day of
Kayaking

Camp out in the
Living Room -
Lacey

I like to go in the Backho with
my Dad - Paige

Swimming at Niagara Falls in a
pool - Ashley

My favourite thing to do with
my dad is to help him make sup-
per. I love you Dad. You are the
best very best Dad - Shelby

My favourite thing to do with dad is to
play hockey because he teaches me
how to do new tricks and how to be a
better player - Zed

Me and my Dad like to go fish-
ing together - Jiffan

I like it when my Dad picks me up by the
feet upside down and when my Dad picks me
up by the feet and he swings me - Kevin

I like to play frisby tag with my
Dad - Laci

I go fishing with my Dad - Elton

I go canoe/kayaking with Dad - Jack

My favourite thing to do with Dad
is to play chess and go fishing
because he helps me with
moves and when we go fishing he
helps me with my cast. - Sam

I like to play with my Dad in the
Park - Quinn

My favourite thing to do
with dad is when I play
ball hockey in the winter
because he coaches me -
being the goalie for hood
ey games - Ian

My favourite thing to do
with my Dad is to ride my
bike to his office and make
lemonade - Brittany

I like to go on trips
with my Dad - Stearns

My favourite thing to do
with Dad is to go dirt
biking with my dad
because he lets me go
full speed - Alex

I love when my Daddy gets home
from work and he always runs
through the door to see me and
gives me big hugs and kisses -
Cayden

Thanks to all the children that participated and to
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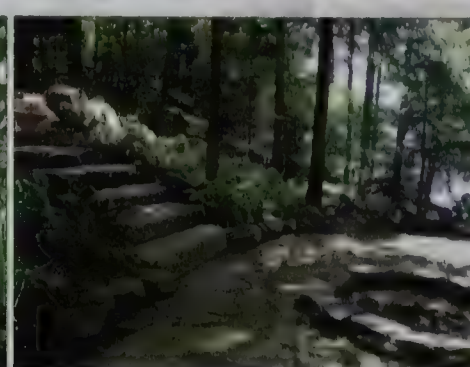
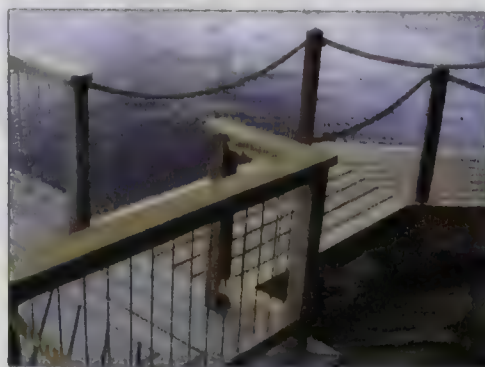
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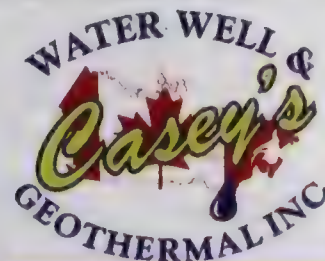
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Outpost is all decked out and ready for summer

community news

wilberforce

Hilda Clark
448-2018

Thanks to the fine efforts of Nadeen Sanderson with the flower garden, barrels and hanging baskets, the Outpost historic house is looking great for the summer. Gerald Shackleton also worked on the perennial garden.

Ken Noble and Ken Sanderson have completed work on the front door. It now has a more solid framework, a better lock, new trim and a fresh coat of paint. The screen insert in the wooden storm/screen door has been refurbished as well. A big thank you to the two Kens for your super volunteer work and to Ken and Joan Noble for donating the new lock.

Other volunteers have been working on the Community Garden and Sculpture Mound in the park by the Lloyd Watson Memorial Centre. Alfretta O'Rourke and her band of workers – Nina Clarke, Sylvia

Tallman, Hilda Clark and Ginny Carmichael – have done some much needed weeding and cultivating. Some annuals are being added for summer and fall colour. Looking good, ladies.

And congratulations to Highlands East for the attractive new hanging flower baskets in the main part of Wilberforce and in the other villages in the municipality.

Colleen Ward called to let us know who won the prizes in a recent successful raffle the Wilberforce and Gooderham United Churches held. Bruce Rennie of Wilberforce won the first prize which was \$200. Elda Hunter of Gooderham won second prize, a garden plant stand. Two birch bird houses went to a happy bird watcher, Jon Mowbrey also of Gooderham. The barbecue utensil set was won by Susanne Sovereign of Haliburton.

Story time will be held again this summer at the Wilberforce library. Donna Atkinson invites children to enjoy this program of stories and crafts on Tuesday evenings from 7 to 8 p.m. It will begin on July 7.

Elva Bates's recently launched novel, *Goodroom, Eh?*, is a great read. If anyone wants accurate information on what early settlers in this area endured, enjoyed and conquered, this is your source. Woven into Elva's story of a fictitious family and their many connections there are won-

derful details of life in Gooderham and surrounding area in the late 1800s.

Copies of *Goodroom, Eh?* are available at Agnew's, Master's Books, Under Cover Books, Rails End Gallery and from the author herself.

The Haliburton unit of the Retired Teachers of Ontario (RTO) held its annual meeting at the Red Umbrella Inn on Wednesday, June 17 with Marg Valentine presiding. After the formal business a presentation was made to Louise Cooper. John Stouffer spoke of her many contributions to RTO as treasurer and membership chair. Louise will be moving to Ottawa later this year. She will be greatly missed by RTO and in the community in general.

The executive of the unit for 2009/2010 will be Nick Pawluch, president and RTO Senator; Betty Mark, secretary; Jim Milne, treasurer, Marg Valentine, membership; Milt Sheppard, vice-president and Marj Baldry, goodwill.

As well as a tasty luncheon members and guests were well entertained.

Jocelyn Regina, a Haliburton high school graduate and a student at Sheridan College in Oakville, sang and played on keyboard some of her own compositions.

This very talented young woman also sang several pieces from popular musicals accompanied by Wayne Cooper.



COUNTY OF HALIBURTON LAND DIVISION COMMITTEE

NOTICE OF APPLICATIONS FOR CONSENT

NOTICE IS HEREBY GIVEN pursuant to Section 53(5)(a) of the *Planning Act* and Section 3, O.Reg. 197/96, as amended, that the following Applications for Consent have been submitted to the Haliburton County Land Division Committee, the consent granting authority in these matters.

AND FURTHER THAT at its meeting to be held **Monday July 13th, 2009 at 7:00 p.m.** in the Administration Building, County of Haliburton Office, 11 Newcastle Street, Minden, Ontario, these Applications for Consent will be heard by the Land Division Committee:

- File No. H-067/08
Applicant: KEN BARRY HOLDINGS LTD.
Location of the Property: Pt. Lot 4, Concession 2, Geographic Township of Guilford
Nature of the Application: Lot Addition
- File No. H-068/08
Applicant: KEN BARRY HOLDINGS LTD.
Location of the Property: Pt. Lot 4, Concession 2, Geographic Township of Guilford
Nature of the Application: New Lot
- File No. H-096/08
Applicant: Sheila POPPLE
Location of the Property: Pt. Lot 10, Concession 7, Geographic Township of Dudley
Nature of the Application: New Lot
- File No. H-006/09
Applicant: Richard CORNWALL
Location of the Property: Pt. Lot 3, Concession 6, Geographic Township of Dudley
Nature of the Application: New Lot
- File No. H-035/09 & H-036/09
Applicant: Andrew HODGSON
Location of the Property: Pt. Lot 8, Concession 9, Geographic Township of Dysart
Nature of the Application: New Lot
- File No. H-043/09, H-044/09 & H-045/09
Applicant: HARBURN HOLDINGS LTD.
Location of the Property: Pt. Lot 5, Concessions 11 & 12, Geographic Township of Guilford
Nature of the Application: Right-of-way

Additional information regarding any of the above-noted applications is available for public inspection at the Land Division Office by appointment during regular business hours, Monday to Friday, from 8:30 a.m. to 4:30 p.m.

If a person or public body that files an appeal of a decision of the Land Division Committee in respect of the proposed consent does not make written submissions to the Land Division Committee before it gives or refuses to give a provisional consent, the Ontario Municipal Board may dismiss the appeal.

If you wish to be notified of the decision of the Land Division Committee in respect of the proposed consent, you must make a written request to the undersigned.

Dated at the Township of Minden Hills this 23rd day of June, 2009.

Jane M. Tousaw, A.M.C.T.
Director of Planning
County of Haliburton
11 Newcastle Street
P. O. 399
Minden, Ontario K0M 2K0
Telephone: (705) 286-1333, or
866-886-8815 ext. 222
Fax: (705) 286-4829
Email: jtousaw@county.haliburton.on.ca

Notices



HALIBURTON HIGHLANDS
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**Dr. Bob Heyes, Haliburton Family Medical Centre
speaking on:**

**"The Naked Truth about Healthcare in Haliburton County:
Yesterday, Today, and Tomorrow"**

**Please join us for the
13th Annual General Meeting of
Haliburton Highlands Health Services Corporation
Thursday, June 25, 2009 • 2:00 p.m.**

at

**Sir Sandford Fleming College - Great Hall
(Doors open at 1:00 p.m. for Refreshments and HHHS' Program Displays)**

- Displays of HHHS' Programs
- Healthy Living presentation (Diabetes Education Network)
- Business of the Corporation

(Reports of Board and CEO, Chief of Staff, Auditors,
and Nominating Committee/Election of Directors; Appointment of Auditors;
and other business as may properly come before the meeting)

**Please contact Marlene Vieira in Administration at 705-457-2527
for further information.**

Elvis Priestly entertains June 27

community news

legion br. 624

Mel Smith
448-3680

The Wilberforce Legion would like you to join us at the following functions that have been created for your entertainment.

June 27: Harold Floden Memorial Small Mouth Bass Tournament. This will be just a great day but there will also be cash prizes for 1st, 2nd, 3rd and 4th place, plus a prize table. You can register at the Legion before closing on June 26, or at the Fish Lunch Box by 10 a.m. on the 27th. The registration fee is \$15 per person. Weigh-in time will be between 3 and 6 p.m. For more information call 448-2221.

New Year's in July is Friday July 3. D.J. Marcel will supply the music and he is going to bring along a guest. Elvis Priestly will be a part of his musical entertainment. This entertaining night will run from 8 p.m. to midnight outside and 12 a.m. til closing inside. The cover charge is \$10 per person and there will be light snacks and party favours. Everyone welcome. For details call 448-2221.

Saturday July 11 at 11 a.m. is the start of the Legion's annual Best Ball Golf Tournament. This will take place at Martinwood Golf Course on Elephant Lake Road. Registration is \$50 per player. This includes a golf cart and a full course dinner at 5 p.m. at the Wilberforce Legion. If you don't want to play golf, then you could just register for the dinner at \$12 per plate. Registration is at the Legion. Bring your own foursome or we can match you up. This event has a shot gun start.

The Insurance Brokers are offering a hole-in-one prize, which is a trip for two to Las Vegas valued at \$2,500. If there are any questions just call the Legion at 448-2221 or Mary Dunn at 448-3512. It should be mentioned that this is a mixed tournament and young adults ages 16 to 18 can also play if accompanied by an adult.

Robert Clarke is the Legion's new veterans service officer and Terri Furneaux Clarke is the new poppy chairperson.

The Linkert Family Memorial is July 4.

Weekly events

Every Monday, bid euchre 7 p.m. \$2.

Every Wednesday, open darts 7:30 p.m. \$1.

Every Thursday, euchre 1:30 p.m. \$2.

Every Friday, open pool 1 p.m. \$2.

Every Saturday, meat draw 2:30 to 5 p.m.; cribbage 1 p.m.

West Guilford residents play in Lochlin

community news

west guilford

Eleanor Cooper
754-2278

Several Guilford and near-to-Guilford residents participated in the strings recital at Don Wright's studio in Lochlin on Saturday, June 20. All 14 pupils and performers are students of Bethany Houghton. The local students are Owen and Eric Wootton, sons of Brent and Trish Wootton, Beth Johns, who was accompanied by her husband Norris on guitar, Mika Titze, daughter of Herb and Heidi Titze, and Margaret Milne who plays viola and who accompanied most of the performers on piano. It was a thoroughly delightful program, and the excellence of even the youngest were astonishing. Mika and Eric were both congratulated by Bethany and given certificates to mark their book one graduation.

Robert McIvor is home and recovering from heart-related surgery. The euchre players especially will be glad of that.

Sad news for the group is the passing of one of the regular euchre players, Norman Brownsberger.

Another note of sympathy goes to the families of the late Greg Barry. Although his passing was five years ago, the sadness remains and this time of year is the sad reminder of that time. Our hearts still go out to all who loved him so.

The Art Hive celebrated its second anniversary on Saturday June 20. More on that next week.

The Community Centre hosted the third dinner of the year which served about one hundred people at two settings. Volunteers were great in setting up cooking, serving and cleaning up. Thanks to all who came to enjoy the roast beef and strawberry supper.



Municipality of Dysart et al

135 Maple Avenue
P.O. Box 389,
Haliburton, ON K0M 1S0

Telephone: (705) 457-1740 Fax: (705) 457-1964
Email: info@dysartetal.ca Website: www.dysartetal.ca

Tender for the Community Living Residence Roof 737 Mountain Street, Haliburton

The Municipality of Dysart et al is inviting tenders for the Community Living Residence Roof.

Tenders must be received on or before 3:00 p.m. on Wednesday, July 8th, 2009.

REQUEST FOR TENDERS

Lake Avenue Retaining Wall Replacement Tender

The Municipality of Dysart et al is inviting tenders for the removal of the existing 2' x 2' x 6' concrete blocks located on the east side of Lake Avenue, Haliburton.

Tenders must be received on or before 3:00 p.m. on Tuesday, July 7th, 2009.

Winter Sand Tender

The Municipality of Dysart et al is inviting tenders for the screening of 12,000 tonnes of winter sand at the West Guilford Pit and supply of a stacker capable of handling a 3 yard bucket.

Specifications and blank authorization and execution forms for these tenders can be obtained at the Dysart Municipal Office, 135 Maple Avenue, Haliburton, ON, or on our website at www.dysartetal.ca.

Lowest or any tender not necessarily accepted.

LOTTERY LICENSING INFORMATION SESSION Tuesday, July 7th, 2009 at 6:30 PM

The Municipality of Dysart et al is pleased to announce that the Alcohol and Gaming Commission of Ontario (AGCO) will be holding a free lottery licensing information session on Tuesday, July 7th, 2009 at 6:30 pm. The information session will be held at the Municipality of Dysart et al Office located at 135 Maple Avenue in the Village of Haliburton.

Additional information is available on our website at www.dysartetal.ca, or you may contact the Municipality with the information provided below. Please inform the Municipality by Tuesday, June 30th, 2009 if you plan on attending this information session by contacting:

Matthew Aldom

Acting Lottery Licensing Officer

Telephone: 705-457-1740 ext. # 33

E-mail: maldom@dysartetal.ca

JOB OPPORTUNITY

an Arena/Community Centre Operator/Labourer (Seasonal)

The successful candidate will be involved in a diverse range of job activities at the Dysart Arena/Community Centre which include ice maintenance, performing building maintenance tasks and facility repairs, record keeping, event/rental setups and tear downs and janitorial duties.

A complete job description is available on our website or at the Municipal Office.

This seasonal position is to commence immediately for a minimum of 9 months. The position is based on a 40 hour work week and involves variable shifts and weekend work. Rate of Pay: \$16.23 - \$18.81 per hour.

Interested individuals are invited to submit a detailed resumé to the undersigned by 3:00 p.m. on Tuesday, June 30, 2009.

Tammy McKelvey, A.M.C.T. Tel: 705-457-1740
CAO/Clerk Fax: 705-457-1964
Municipality of Dysart et al E-mail: tmckelvey@dysartetal.ca
135 Maple Avenue
P.O. Box 389
Haliburton, ON K0M 1S0

We thank all applicants but only those selected for an interview will be contacted. Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act and will be used only for employment purposes.

Notices

IN THE MATTER OF MOORE FALLS MARINA AND MOTORSPORTS

All persons or companies with valid claims against Moore Falls Marina and Motorsports are asked to submit such claims to counsel, Walker Head, 1315 Pickering Parkway, Suite 800, Pickering, Ontario, L1V 7G5, no later than June 30th, 2009, failing which the proceeds of sale of Moore Falls Marina and Motorsports held with the Superior Court of Justice will be distributed without further notice."

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The food was as plentiful as the praise at the Food for Kids volunteer appreciation luncheon at the Bonnie View Inn.

Career & Business Opportunities



Fowler Construction is currently accepting resumés for the hourly position of:

Parts/Service Counter Clerk

We are looking for an experienced Parts/Service Counter Clerk to join our team.

Please apply if you have the following skill sets:

- Experience with heavy duty truck parts and service
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- Ability to follow company policies on purchasing procedures, inventory control, security and pricing
- Adherence to Health & Safety Rules and Regulations.

Resumés received until June 24, 2009

Fowler Construction offers a competitive pay rate and comprehensive benefit package for this position.

Please fax resumé to: **705-646-5750**
or e-mail to: hsmith@fowler.ca

Only those candidates chosen for interviews will be contacted.
No telephone calls please.

MATT JAMES/ECHO



APPRECIATION LUNCHEON

Food for kids, thanks for volunteers

MATT JAMES

Staff Reporter

Volunteers of Food For Kids, the county's student nutrition program, were invited to a volunteer appreciation event on June 18 at the Bonnie View Inn.

Organizers of the program had a long list of people to thank, including Bob and Wendy Park, owners of Haliburton Foodland, who have donated more than \$60,000 in support of the program since its inception.

More than 64 school volunteers have donated their time this year to ensure no child went without a healthy snack each and every day.

"The volunteers of Food For Kids make me look good," said Karen Phipps, the county co-ordinator.

Parents have told her that their child has tried new foods because of the program.

Graduating high school student Emily Stonehouse

was recognized for volunteering since elementary school. Other volunteers or members of the steering committee that have played a major role are Trillium Lakelands District School Board trustee Valerie Smith, Stuart Baker Elementary School principal France Meunier, Barb Lillico and Mary Burk from the Ministry of Children and Youth Services, and public health dietitian Rosie Kadwell.

"Rosie is really the backbone of this program," said Phipps.

Kadwell was instrumental in getting the school nutrition policy in place.

On behalf of the school board, Smith told the volunteers that "Food For Kids is a wonderful program and without you folks it would not happen."

Smith says she has seen the positive outcomes of the program in terms of improved academic results, behaviour, and the children's ability to cope.

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Coming Events

To advertise your upcoming event, call Laura or Sarah at 457-1037

Gooderham fire department to the rescue

On Saturday, June 27 the Gooderham Volunteer Fire Fighters Association is holding a fundraising barbecue in the Gooderham LCBO parking lot from 11 a.m. to 5 p.m.

They will be cooking up delicious sausages and their spicy hot "backdraft burger" which has been described by previous supporters as "the best roadside burger ever." To experience that burger alone is worth the trip over.

The Gooderham Volunteer Firefighters' Association is raising money to purchase the Jaws of Life extrication equipment.

Along with their fundraising barbecue, they are also

selling raffle tickets for a barbecue package valued at \$1,500, which includes a barbecue, a cedar picnic table and two Muskoka chairs built by the firefighters, cooler, barbecue utensils, two folding chairs, and much more.

They will also have a set of the Jaws of Life extrication tools on display for everyone to see what it is they are working towards purchasing.

The Gooderham LCBO is also doing a bottle drive to help them raise enough money.

Author shares insights on history of Northern Ontario

Haliburton resident Michael Barnes appears frequently – in repeats – on the History Channel series *Great Disasters of Canada* on the theme of the great fires which swept the north.

Last week he was interviewed and videotaped by a television crew from Timmins working for a Vancouver production company working on a 12-part series on the history of Northern Ontario.



Municipality of Dysart et al

DECORATION DAY

Will be held at the

EVERGREEN CEMETERY

Sunday, June 28, 2009

Harcourt's 11th Annual Mixed 3 Pitch Tournament

July 10th, 11th & 12th

\$250
Entry fee
per team



Teams interested in registering please call Don Meharrie

705-644-3854

community calendar

What's happening in the County

Having an event this summer? List it for free in our Summer Guide! 2009SummerGuide@gmail.com

Post your event for free on the web. Go to: www.mindentimes.ca or

to the **UR** Haliburton Highlands Community Calendar link at: www.haliburtonecho.ca

• June 24: The Haliburton Highlands Genealogy Group will be hosting an Ancestry.com workshop in the Common Room of the Minden Hills Cultural Centre from 7-9pm. Cost is \$5 for both members and non-members. Space is limited so call 286-3588 to reserve your seat. Refreshments will be available.

• June 26: Circle of Hope – Hospice Kawartha Lakes hosts a drop-in grief support group for the newly bereaved from 12 – 1:30 pm at 112 McLaughlin Road, Lindsay. Light lunch provided. For more information call 324-2811 ex 3

• June 27: Minden Hospital Auxiliary's Second Annual Tag Day will be held on Saturday, June 27th. Look for our volunteers outside your favourite store and get a Band Aid For a Quick Cure. All donations buy equipment for the Minden Hospital and Hyland Crest Senior's Home. Help us to help your community.

• June 27: The Norland Volunteer Management Board will be holding a Craft, Bake and Yard Sale - from 9:00 a.m. to 2:00 p.m. There will be a salad plate and dessert lunch available from 11:00 a.m. to 2:00 p.m. Rental tables can be booked and information is available through Grace at 705-454-3404.

• June 27: Pedal Your Arts – Gears for Guilford – Gears for Guilford - Presented by Yours Outdoors. White pines, scenic shores and artists are featured in this 35 km guided bike tour through West Guilford and Carnarvon areas. Meet the artists see demonstrations stop for lunch at the local museum. 1 week advanced registration required. For more information call 705-754-3436 or visit www.yoursoutdoors.ca.

• June 27: All Terrain Vehicle Anson Mountain Ride - Come meet the test riders from All terrain Vehicle Magazine. A chance to shoot the breeze on the trails with the Magazine editors, compare rides etc. Sandwiches and pop will be provided. Meeting at Minden Arena 10:00 a.m. For details email kukkonen@sympatico.ca.

• June 28 to June 11: Camp Wanakita Resident Camp Period A - Adventure and exploration, fun

and challenge. Prices and availability vary. Advanced booking is recommended. For more information call 705-457-2132 or email info@ymca-wanakita.on.ca.

• June 28 to July 4: Camp Wanakita Resident Camp Period A1 - Adventure and exploration, fun and challenge. Prices and availability vary. Advanced booking is recommended. For more information call 705-457-2132 or email info@ymca-wanakita.on.ca.

• June 29 TO July 3: Youth Adventure Day Camp I (Ages 8-12) - Presented by the Haliburton Forest & Wildlife Reserve. Youth Adventure Day Camp has been designed to introduce young people to a variety of outdoor pursuits in a safe and social environment led by trained guides. Participants are offered opportunities to build self-confidence and develop skills. Activities include canoeing, kayaking, swimming, wilderness travel, camp craft skills, animal tracking, wolf studies, rock climbing and the high ropes challenge course. For more information call 705-754-2198 or email haliburtonforest@sympatico.ca.

• June 29 to August 21: Dorset Day Camp - The Dorset Day Camp for Boys & Girls ages 6 to 12 runs from June 29th to August 21 (closed July 1 and August 3) from 8:30 a.m.-4:30 p.m. For more information contact 705-766-9968 or email drc@algonquinhighlands.ca.

• June 30: Pilates Classes (Basic Mat Method) - Session 1 (8 classes) runs from June 30th-July 23rd from 8:45 p.m.-9:45 p.m. on Tuesdays and Thursdays at the Dorset Recreation Centre. Contact 705-766-9968 or email drc@algonquinhighlands.ca for more information.

Events listings are provided **FREE** for non-profit groups on a space-available basis. While we endeavour to accommodate requests for publication, we cannot guarantee that all requests for listings will appear. Requests should be faxed to The Echo at 457-3275, emailed to editor@haliburtonecho.ca, or faxed to The Minden Times at 286-4768, emailed to editor@mindentimes.ca or brought in to the office.

Please submit events by the Thursday prior to the requested publication date.

NOTE: This calendar is not a comprehensive listing of all events taking place in the area. Please check the classified pages, display advertising and articles appearing elsewhere in the Echo for more information on events in the Highlands. For more Ongoing Community Events please see the Weekender.

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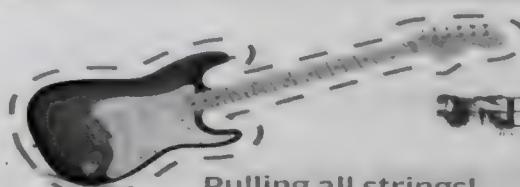
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Partial Listing: like new air compressor, air nailer, rigid 13" thickness planer, chain saws, craftsman chop saw, porter cable saw, router, bits, sander, charger, shop tools, hand tools, 18V drill, table saw, antique duck decoys, whippie tree, antique clothes washer, grindstone, assorted lumber, lawn mower, sap pails, fishing equipment, clay pigeons, apt size dryer, beds, dressers, chesterfields, bookcase, lamps, kitchen equipment, and much more...

For more information or to list your auction call
Norm Mills Auctioneer, appraiser 705-286-3535

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7:30 am - 3 pm
Rain or Shine**

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**8 Higgins Court
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"Boot" Sale

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Bring your yard sale items in
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Announcements

Birthday greetings



Ivy Julia Toffemire

was Born on June 6, 2009

3:45 pm in Peterborough.

She was 8lb 8oz and 21 inches long.

Ivy is welcomed by parents Tim and Melanie Toffemire and proud big brothers Rowan and Gage Toffemire.



Welcome to the world Ivy Julia.



Graduations

2009 Graduates

A Memory to hold on to...
Moms, Dads, Grandparents
Make Sure

Your Grad appears in this enjoyable keepsake. Whether they are graduating senior kindergarten, grade 8, high school, college or university, your family, friends & neighbours will enjoy going through this now & for years to come. Messages will appear in June 30 and July 1 graduation section.

Graduate Greetings

\$25⁰⁰ + tax

per publication

Deadline is June 23rd.

SAMPLE



Melissa Forrest

Best wishes of graduation, Melissa! May the years ahead be your best yet. You've made us proud - keep up the good work!

With Love
Mom, Dad & Grandma

2009 Graduates

☐ ECHO

☐ TheTimes

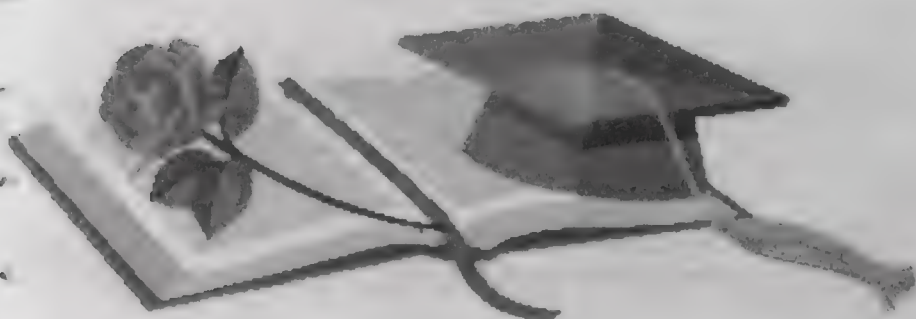
Graduate Name: _____

Comments or Greeting (max 20 words): _____

Name: _____

Phone: _____

Address: _____



Ruth & Doug's 50th Wedding Anniversary!

Please drop by and join us in celebrating Mom & Dad's 50th Wedding Anniversary with cake, snacks and many happy wishes!

where:

Ruth & Doug Mitchell's House
246 Riverside Drive, Haliburton

when:

Sunday, June 28, 2009

Anytime between 12:30 pm - 4:00 pm

please bring:

Best wishes, smiles and stories only!!

50th



June and Doug Devolin are celebrating their 50th wedding anniversary.

The family invites you to join them on this momentous occasion for cake, coffee and great memories.

Sunday June 28th anytime between 3:00 and 5:00.

Heritage House Café
(the old Bank's General Store),
33 Pine Dr., Haliburton



Announcements

Deaths

SHIPLEY, Janet Gwenn "Jan" Shipley - Passed away peacefully at the Peterborough Regional Health Centre on Friday, June 19, 2009 at the age of 77. Beloved wife of the late Earl Shipley (1990). Dear mother of Rene Rodgers of Little Britain, Nancy and David Harris of Bond Head, Kathy and Kevin Westlake of Omeme. Loving Gram of Alison (Brent) Dearing, Ben Rodgers, Lauren Harris, Brittany and Earl Westlake. Dear sister of Irma Engler of Buffalo. Fondly remembered by her nieces, nephews, family and friends. Jan was a Life member of the Royal Canadian Legion Branch #129 Haliburton and was a very active member of the Haliburton United Church. Friends are invited to visit the family at the **GORDON A. MONK FUNERAL HOME LTD.** 127 Bobcaygeon Rd., P.O. Box 427, Minden, Ontario K0M 2K0 on Monday evening from 7:00 until 9:00 pm and on Tuesday from 4:00 until 9:00 pm. A Funeral Service for Jan will be held in the chapel on Wednesday, June 24, 2009 at 11:00 am. Cremation will follow. A Reception will be held at the Royal Canadian Legion Branch #129 in Haliburton. Interment will take place at the Englehart Cemetery, Englehart on Friday morning at 11:00 am. Memorial donations to the Royal Canadian Legion Branch #129 Haliburton or to the Haliburton United Church would be appreciated by the family. Royal Canadian Legion Ladies Auxiliary Service will be held at the Funeral Home on Monday evening at 7:00pm. www.gordonmonkfuneralhome.com



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Obituaries

TOSE, Rev. Stanley Leroy — On the 20th of June 2009 at Brantford General Hospital, aged 83 years and 13 days, Stanley Leroy Tose, beloved husband of 60 years and dear companion of Norma (née Crawford); cherished father of Walter and Aggie Tose (Haliburton), Susan (London), Barbara (Ottawa), Margaret and Simon Grocock (Thorpe, England), Ellen and her husband Hugh Briggs (Thunder Bay); grandfather to Molly and Thomas Grocock; Andy Dawson, Terry Casey (Corey), Kelly Stewart (Doug); Kristen, Ashley and Jason Briggs; great-grandfather of Cole Briggs, Emma Dawson and Zoë Stewart. Stan served the United Church of Canada for 20 years as a minister and Field Secretary; 20 years as a teacher at Conestoga College and 20 years volunteering in various capacities in his community of Paris, Ontario. Stan was an avid curler for over 50 years best known for his sportsmanship and friendship. He enjoyed life, particularly time spent with family and friends at the family cottage in the Haliburton Highlands. Stan and his wife Norma devoted their lives to helping others and lending aid and friendship whenever called upon. He will be remembered for his kindness, generosity of spirit, and his ability to welcome new people into his life and put them at ease. He lived his life well and fully. His legacy is that which he has given and will live on in all who knew him.

A Service of Thanksgiving will be held at St. Paul's United Church, Paris, Ontario, on the 11th of July 2009 at 2:00 p.m. Cremation has taken place. Donations to St. Paul's United Church, The Heart and Stroke Foundation or the Palliative Care Unit of Brantford General Hospital would be appreciated. On-line condolences or donations may be arranged through www.wmkipffuneralhome.com or by contacting Wm. Kipp 519-442-3061.

11561872

In memoriam

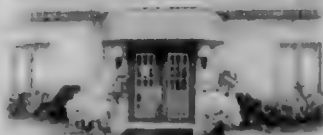
Nicholls, Barbara - In loving memory of my dear mother who passed away June 21, 1998

*A golden heart stopped beating,
hard working hands put to rest.
God broke my heart to prove to me,
He only takes the best.
Love, Cheryl*

11557410

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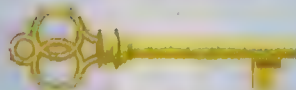
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STORMY LAKE

4 bdrm quality built timberframe cottage/home. Private lot, mature trees, 180 ft ftg. West exposure. Maple flrs, cherry staircase, lg picture windows, full finished bsmt, 2 storey Bunkie.
\$768,000



GULL LAKE

Absolutely stunning property! 257 ft ftg and 2.36 acres. Newly constructed 3800 sq. ft. of living space. Open concept, maple floors, walk out to deck and soak in the most amazing view! 2+3 bdrms, 3 baths, screen porch. Lower level would make a great granny flat.
\$559,900



HALLS LAKE

2 storey waterfront home situated on a level lot with 160 ft of sand shoreline. 4 bdrms, 2 baths, pine kitchen, dble sided stone fireplace, large living area, cathedral ceilings. Dble garage with loft.
\$648,000



DRAG LAKE - BONHAMS BAY

Spacious 7 bdrm cottage situated on a private, 3.76 acre lot with 374 ft of shoreline. Large living area, pine cathedral ceilings, stone fireplace and w/o's to 2 large decks. Full finished basement with large recroom.
\$448,000



MAPLE LAKE

Immaculate 3 bdrm home situated on a beautiful level lot with a stunning view and sand shoreline. Open concept, antique pine flooring, screened porch, w/o to large deck, full finished bsmt.
\$479,900



GROWLER LAKE

Newly constructed year round cottage situated on a 5.2 acre lot with 160 ft of shoreline. 4 bdrms, 2 baths, full finished bsmt, full finished room with w/o, full finished basement, full finished well.
\$475,000



WEST LAKE

3 bdrm backsplitted waterfront home/cottage situated on an exceptional point lot with 259 ft of shoreline. Vaulted ceilings, hardwood floors, sunroom, full finished bsmt, dble garage, beautiful grounds.
\$439,500



WEST LAKE

Traditional house situated on a private lot with 173 feet of frontage, big lake view and gorgeous sand beach. 4 bedrooms, 2 baths, large living area, sitting deck at waters edge and large dock.
\$379,000



HALIBURTON HOME

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\$379,000



WATERFRONT HOME

Bright, modern home with backsplitted lot situated on 4.72 acres. Nicely landscaped, level riverfront lot, boat to 3 lakes. 4 bdrms, 3 baths, full bsmt, dble garage, open concept, cathedral ceilings.
\$339,900



SOYERS LAKE

Renovated and tastefully decorated 2+2 bdrm waterfront home/cottage. Pine cathedral ceilings and pine floors, large finished bsmt with w/o, dble det'd garage with workshop/games room, separate Bunkie, 170 ft ftg.
\$329,000



SOYERS LAKE

Modern 3 bdrm home with 10 acres only 1 km from town. Maple floors, open concept, 4 season sunroom, main flr laundry. Full w/o bsmt, in-law suite, att'd garage, nicely landscaped, generator back up, security system & many more upgrades.
\$332,900



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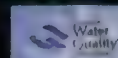
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Haliburton gets fresh!

In honour of all the new initiatives underway to promote the naturally good tastes to be found in the Highlands, we are dedicating this issue of Cottage Times to local food producers. In our pages you'll find out where you can buy fresh vegetables or order a side of beef from a Highlands farmer. You'll also read of how difficult it was for our cover boy, Colin Harris, to stick to his goal of eating only foods grown within 100 miles of Haliburton for a year. Enjoy!

The Cottage Times



Photo of Colin Harris by Matt James

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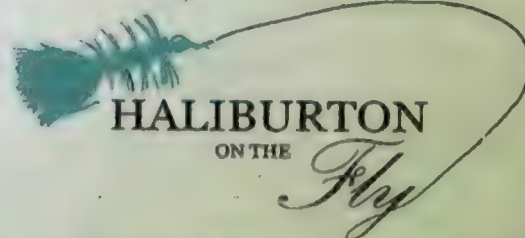
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From field to table: meat producers form co-op

• Story by Chad Ingram •
Photo by Matt James

Haliburton County is known more for its lakes, forests and recreational opportunities than it is for farming, but a group of local livestock producers is aiming to change that.

The Highland Meat Co-operative, which was formed this spring, is a group of livestock producers representing seven Haliburton farms. They have decided to band together in an effort to promote the awareness and consumption of locally produced meat.

"There are a lot of people up here who don't believe there are farms up here," says co-op member Bryan Barlow, who has been raising pigs, cows, chickens and ducks just outside of Minden for the past three years.

Some of the co-op's members also produce sheep.

"We thought this would be the most efficient way of providing this service to everybody," says Andrea Coysh, explaining that with the farmers operating as a team, they will be able to direct customers to the farm that best suits what customers are looking for.



The farmers involved in the new meat co-op produce free-range, organically fed animals, including cows, lambs and chickens. Not only will consumers be able to buy products that are better for them, but they're also better for the environment since transportation costs have been eliminated. Only large freezer orders are available.

The co-op deals only with large freezer orders. "You can't call up and buy one steak or one roast," Coysh says.

The farmers involved in the co-op produce free-range, organically fed animals and members say their products will be a welcome addition at the tables of people who care about where their food is coming from.

"If you believe you are what you eat, then you don't want hormones, pesticides," Barlow says.

Buying locally produced food is not only healthy for the area's economy, says Angel Taylor, but because it means reduced shipping, there are environmental ben-

efits as well.

"There's less of a carbon footprint," Taylor says.

And, if people want local farms to continue to exist, they should start buying local food, she adds.

The co-op's products are butchered at government-approved facilities in Lindsay since no such facilities exist in the county.

Tours of any of the co-op members' farms can also be arranged, if potential customers want to see firsthand just where their food would be coming from.

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Porcupine soup? Road kill is not on the menu

Awkward Moments

• Column by Jenn Watt •

Photos by Matt James

It was the tinkling sound of porcupine quills swirling in my soup bowl that made me first wonder just why I thought teaming up with Steve Galea on these "humour" columns was such a great idea.

Sitting in his Essonville kitchen at a table full of "local food," I realized how wrong a situation could go and how ... adventurous Galea was willing to be to live up to the hype.

The hype, of course, is Galea's outdoorsman sensibility; the local food – far from the freshly picked strawberries I was expecting – was technically local, but the food part was questionable.

"Jenn, you've got a lot to learn about the wilderness," Galea said, throwing a whole cattail into the road-kill porcupine soup that was frothing away on the stovetop.

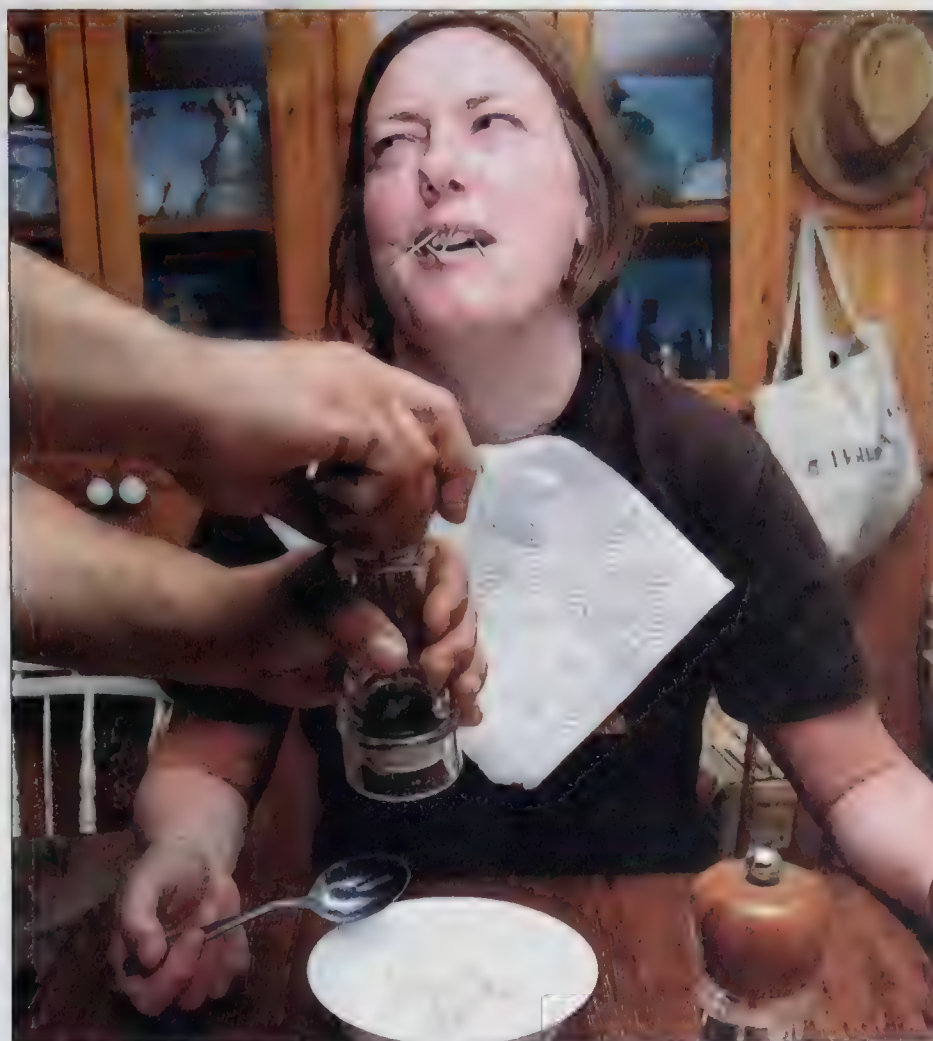
"Everything you need you can find in the wild, or at least at the side of the road," he said. He breathed deeply, puffed up his chest and threw in what looked to be a chipmunk.

Holding down my dandelion tea, I tried to reason with him.

"Steve, I'm really new to this," I said. "I know Greg Hoekstra was very experimental, but I'm more of a traditional kind of girl. This issue of *Cottage Times* is supposed to be about farmers' markets and juicy tomatoes, not road-kill stew and onion sandwiches."

"*Allium tricoccum*? That's a terrific idea!" Galea smiled. "This is a learning experience for you, come along and glean what you can from my divine wil-

Continued on pg 6



When Steve Galea heard that this week's *Cottage Times* was devoted to local foods, he made porcupine soup for fellow Awkward Moments columnist Jenn Watt. It wasn't quite what she had in mind.

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Listerine gives forest visit a minty flavour

Continued from pg 5

derness teachings!"

I had no idea what he was talking about, but thought if we could just get out of the house and away from my cup of porcupine quills things would get better.

As Steve was donning his bug jacket and rubber boots his wife Carol popped her head in the door.

"Steve, I'm going to milk the cows now, do you need anything before I go?" she asked.

"Fresh milk? That's local food!" I said, looking eagerly at Galea. "We should go with Carol."

"Young grasshopper, that's not the point," he said. "We need to get our hands dirty, walk purposefully on the earth, breathing deeply."

"Speaking of breathing deeply," he said, "have a go with that Listerine by the door."

Swallowing my pride, I swished the potent liquid around my mouth wondering just how bad my breath



Talk about an awkward moment! When Jenn Watt snuck into the woods to take a leak, Steve Galea thought she was looking for wild leeks and wanted to help.

must have been for Steve to notice.

"What are you doing?" Galea yelled from across the room. "The Listerine is for the bugs! Didn't you read that chain letter I emailed you yesterday? You spray it on. Mosquitoes hate nothing more than cool mint," he said as he sprayed the bottle over his head.

Feeling minty fresh and a little bit sticky, Galea and I trudged through the forest looking for something edible.

"How about these chives?" I asked.

"Carol planted those. We need something natural," he said.

"Okay, fine," I answered and looked around for something else mildly appetizing. Suddenly I felt a tingling in my bladder.

"Steve, I have to take a leak," I said, my eyes darting around for an outhouse.

"Oh perfect!" he squealed. "This is exactly why we

came out here. Go to it!"

I found a bush out of the way and crouched down, hoping the Listerine was potent enough to save my skin from the mosquitoes.

Mere seconds later I heard the crunching steps of Steve coming around the corner.

"AHHH!" I screamed. "This is private! Go away!"

"AHHH" he screamed back. "Those are my raspberry bushes, what are you doing to them?"

"I'm peeing - taking a leak," I said.

"Well, given that we're searching for leeks, *allium tricoccum*, you could have been a little more specific," he huffed.

I was sick of this. What sort of column had I got myself into. This surely wasn't in my contract.

Continued on pg 7

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Continued from pg 6

"Alright, Galea," I said. "Now listen up. This column is about local food – like fresh farm eggs, wild blueberries and locally raised beef. I will be darned if we spend the rest of the afternoon searching for onions and scraping meat off the road," I said.

But he wasn't listening. Steve was already bounding up the hill, or at least bounding as much as a four-foot-four man can bound.

"You want beef? I'll show you beef!" he called back to me.

I had no idea where we were so I had to follow, but couldn't imagine what

would be next.

To my surprise, he led me to a field full of livestock. Cows. Regular people food.

"Now this is terrific! These must be Carol's cows. What can you tell me about them?" I pulled out my reporter's pad, ready to finally return to firm ground.

He just looked at me.

"Well?" I said.

He stared some more, but slowly pulled a knife and fork from his back pocket.

"Now we eat!" he exclaimed and poked Bessy's butt with the sharp tines of a dinner fork.

Bessy turned to Steve, snorted and trotted off, well faster than Steve's little legs could run.

"Well, Watt," Steve growled, "I guess

this is the end of the local food column. We've had nothing to eat but dandelion tea and I still have a porcupine quill in my throat. Happy now?"

Galea was right, the whole day had been a flop. We had scavenged and foraged and come up empty handed, but there was a glimmer of hope.

"You know," I said, "today is Sunday,

and if I'm not mistaken there's a farmers' market just 10 kilometres from here in Tory Hill."

"I think you're right," he said with a smile.

"You know what Watt? I think we just may make this column thing work after all."

The end.



Barbecue utensils in hand, Galea gets ready to dig in to a little prime beef. Watt is wondering where the barbecue is.

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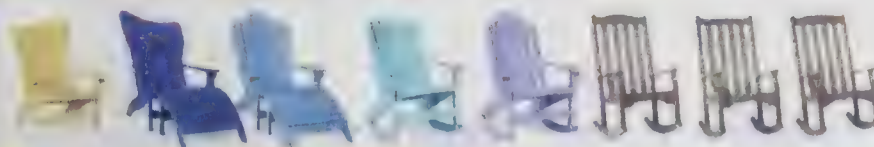
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Eating local for a year proves tougher than expected

Column and photo by Matt James

It's been a full year since county resident Colin Harris began his quest of trying to eat a diet consisting of local or Ontario-only food. Now that the year is up Harris shares his successes, failures, and explores if it was even worth the effort.

"I'm really looking forward to eating a banana," said Harris with a no-joke sigh in a phone interview in May.

When Harris, 34, the director of the outdoor centre at YMCA Camp Wanakita first began his quest, his motivation stemmed from literature and his own ethical belief that eating local is the right thing to do.

Having shared his personal goal with others, Harris felt committed to the challenge and vowed to try his best to eat local, so he set a few parameters and guidelines for himself and away he went.

"Overall the experience was rewarding but difficult, I certainly struggled

with it," said Harris. "I kept to it as best as I could but I probably ate out more than I wanted to and that was simply because it was hard."

From the beginning Harris said it would never be a matter of life or death regarding what he ate, but more of a learning process and an individual test. There were of course plenty of lessons learned.

"One of the biggest lessons was the idea that we do tend to rush food and making our meals," he said.

At Wanakita Harris works about 10-hour days and said it was difficult trying to find the time to dedicate to food preparation.

"On certain days it became too much," he said. "It got tiring, certain foods, eating my canned tomatoes and my freezer full of broccoli, corn, and chicken. I mean you tire of that stuff pretty quickly."

Prior to winter's arrival Harris stockpiled food into a freezer and learned the process of canning; he chose tomatoes

of which he canned about 24 servings. Harris admits there are opportunities to be more creative but felt he didn't always have the time or the energy to get creative.

"Especially through the winter I found it extremely difficult, more in the sense of finding time to actually do the food prep and make the food," he said.

So has the experience made him more or less motivated to continue down the path of eating local?

"Oh absolutely it's motivated me more," said Harris.

Going into the challenge Harris's primary focus was to eat an Ontario/local diet. Today that's still his focus but it's moved to more of a secondary focus.

"Now my mantra or philosophy first and foremost is to eat healthy," Harris said. "The idea that comes after that is eat local when possible."

When asked if he felt any physical or mental effects from the experience Harris says that as an avid runner that his weight didn't fluctuate all that much.

However, he admits that, "Certainly in the fall I felt healthier."

Staying honest with himself through the entire process, Harris said that he became discouraged throughout the winter and began making exceptions; "I'm hungry and I don't have time to prepare a local dinner the way I want to so I'll eat some chips to hold me over until I can make something," is an example.

"I'm somewhat disappointed in myself but overall I think it changed my whole view on food," he said.

Harris said he never thought he'd ever feel discouraged throughout the process and no one was harder on him than him. But family and friends recently reminded Harris of just how diligent he's been — "Colin, you haven't bought bananas, avocados, or a store bought loaf of bread in a year."

"It's more about the broader picture,"

Continued on pg 9

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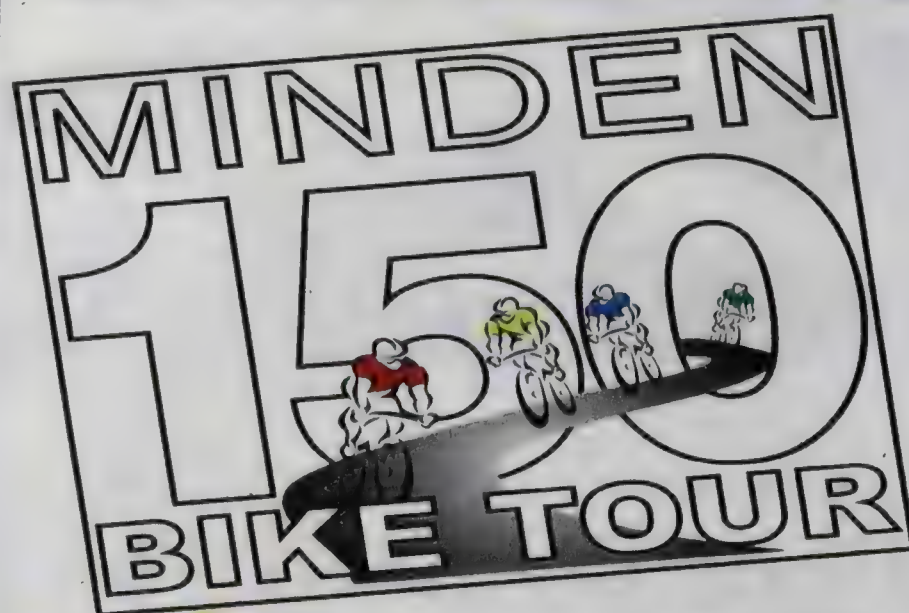


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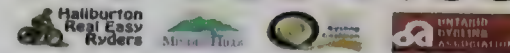
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'I feel much more educated'

Continued from pg 8

he said. "The amount that I've learned about food in the past year has been enormous and I feel much more educated about what I'm putting into my body after going through this experience."

Thinking about a) where food comes from and b) what he eats on a daily basis were two things Harris thought about over the past year and continues to think about today.

So what advice does Harris offer for those thinking about eating more of a local diet or wanting to do their part to cut down on their carbon footprint in Haliburton County?

"I think the reality is that it's hard to do a local diet in Haliburton," said Harris. "I think you have to pick and chose and I think it goes back to eat healthy first and then second, eat local when possible. I think that's probably the more important message."

Harris continually tries to educate himself about the food he eats and says there is still a lot of unanswered research and data that food scientists are putting out to the world.

"Those processed foods are just sort of the devil," he says. "We see the increase in obesity, we see the increase in diabetes, we see the increase in food related cancer and heart disease, you now it's not a rocket science to figure out that that has a direct correlation to the food we're eating."

Harris applauds the work the local health unit is doing throughout the county and he's excited about the resurgence of farmers markets around the county,



Local food is not always the easiest to find. Collin Harris finds some Ontario-grown asparagus at Foodland in Haliburton and is really looking forward shopping at the local farmers' markets.

including the new Haliburton Farmers' Market beginning July 3.

"There's a real opportunity to eat local in Haliburton County for five or six months of the year," he adds.

Harris plans to expand his repertoire of canning/preserving with pickles and wants to learn how to make a few more dishes and sauces, like chutney.

"There are a lot of people out there already who are doing what I'd like to be able to do better," Harris said. "What I've done over the past year is nothing special, people have been doing what I've been doing for years and years and it's just been part of their lifestyle."

Setting an example, however, can go a long way.

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Think globally, eat locally

Couple helps create Haliburton Farmers' Market

• Story and photo by Jenn Watt •

Sharon Harrison and Bob Smith aren't farmers, but the couple makes up two of Haliburton County's strongest advocates for locally grown food.

Harrison is the chair of the Haliburton Highlands Food Coalition, while Smith is helping co-ordinate the launch of the Haliburton Farmers' Market on July 3.

"The turning point was a year and a half ago. I was very angry when the only garlic at the grocery store came from China. At the same time momentum was building in me to do something to make a change," Harrison said.

Politically, both Harrison and Smith lament the environmental consequences of importing food vast distances when local alternatives are possible.

Plus, local farmers are struggling to find markets for their food, while local consumers are paying a high cost for exotic produce. "It's an important issue; the fact food travels so many kilometres to get here is a waste of gas," Harrison said.

And, of course, fresh veggies taste better, too.

In March, 2008, representatives from Environment Haliburton, the local farmers' association and the health unit came together to find ways to promote both the producers and the consumers of local food.

They hosted an extremely popular forum in the fall, attended by more than 75 people. From that event, the idea of a Haliburton farmers' market was born with Harrison's husband at the helm.

"As a result [of the forum] we decided this is something we should do," Smith said.

It was one specific thing he thought he could do to improve the food situation in the county.

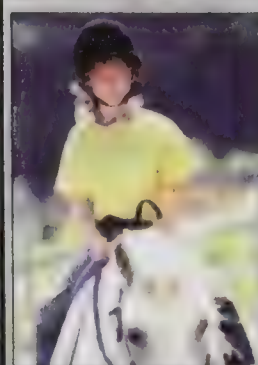
There were about 13 people at the market's first meeting and a steady core of 10 developed from that. At first, the group aimed to hold just one event in the summer, but board member John Patterson pushed

Continued on pg 11

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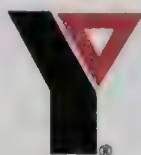
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Sharon Harrison and Bob Smith are two key supporters of local food in Haliburton County, instrumental in the local food coalition and the Haliburton Farmers' Market.

Farmers' market opens on July 3

Continued from pg 10

for a more regular market and the pieces fell together quickly, such as location.

Patterson asked local marina owner Joe Robert if the group could use the field along County Road on the outskirts of Haliburton for four tents, vendors and buskers Fridays from 3 p.m. to 7 p.m. Roberts was a willing host.

"He said our rent would be a pie," Smith laughs.

So, for the cost of one pie a week, the Haliburton Farmers' Market is a go, with 11 vendors registered and six more verbally confirming interest. There will be preserves, a couple of artisans and fair trade coffee.

Smith wants the market to be an experience, not just where you go to buy food. He said one of the reasons people go to farmers' markets is to meet the producers of the food they are buying. Research also shows most who come to farmers' markets are planning to do more shopping elsewhere.

This is also the reason Smith thinks the market will pose a threat to local grocery stores.

"We're hoping they don't see us as competition," Smith said.

The food coalition will play a supporting role to the market, getting the word out and continuing to educate the public about the benefits of eating local. They will have display boards at the markets to highlight ways to use local foods and how to preserve produce for later.

Future goals for the coalition include expanding the farmers' directory, www.haliburtonfresh.com, sponsoring workshops and partnering with other groups.

Out & About

SUMMER PROGRAMS FOR YOUTH

DROP IN Ages 10-13 Thursdays July 9, 16, 23 & 30; Aug 6 & 13, 7-9:30 pm
DROP IN Ages 14-22 Fridays July 10, 17, 24 & 31; Aug 7 & 14, 8-10:30 pm
STREET HOCKEY Ages 10-16 Wednesdays July 8, 15, 22, 29 & Aug 12, 7-8:30 pm
PHOTOGRAPHY ART CAMP Ages 12-16 July 15-17, 1-4 pm
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Be wary of invasive plants

• Story by Matt James •

If you're a landowner with a large woodlot you may want to familiarize yourself with three invasive exotic woodland plants in the county: buckthorn, dog-strangling vine, and garlic mustard. At a recent Haliburton Highlands Field Naturalists meeting at the Haliburton Highlands Museum, approximately 30 members were treated to a practical presentation of the three plants by forestry veteran James Rogers. As a contractor for the County of Haliburton, Rogers is also a forest conservation bylaw officer, owner of Kestrel Forestry Consulting, and has more than 18 years of forestry experience. One of the first alarming points Rogers made was

that 27 per cent of Canada's vascular plants are alien species that threaten our native ecosystems. Each of these plants originates in Europe.

Buckthorn (common and glossy)

The deciduous shrub grows about 20-25 feet tall and about 10 inches in diameter. Buckthorn will invade stable habitat and will spread rapidly when topped. It is a good food source for birds with the blackberries it

produces. Only the female buckthorn, which produces the berries, is a threat. Control methods are fire (torch flame stems less than 4.5 cm in diameter), herbicide (stump), pulling, mowing, grazing, and flooding. If not discovered and dealt with Rogers says, "It will take over everything over time."

Dog Strangling Vine

A member of the milkweed family this perennial grows high and low. "I'm really watching for this in Haliburton County," said Rogers. Becoming a problem over the past 10 to 15 years, the plant is so invasive to habitat that monarch caterpillars won't grow into butterflies if on a dog-strangling vine. The plant can reproduce by seed and by its vast underground root system. Unfortunately Rogers says herbicide is the only effective way to eradicate the plant adding that "a lot of research and money is going into biological control." Do not touch this plant if found.

Garlic Mustard

"If we could get all of the local food people together to pick this stuff we'd be alright," said Rogers of the edible garlic mustard plant. This biennial herb, which reduces the growth of maple trees, is able to self-pol-

Continued on pg 13

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Animals spread plant seeds

Continued from pg 12

linate and boasts the possibility of 62,000 seeds per metre squared. Animals and vehicles are dispersal vectors, it stays green throughout the winter and can be pulled by hand, usually prior to June. It also had a strong garlic smell.

For photos of all plants search the plant name in Google images.

If you have seen any of the above plant species in Haliburton County contact James Rogers at 457-6854 or forestry@county.haliburton.on.ca.



Garlic Mustard is an edible invasive plant that stunts the growth of hardwoods like maple.

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Warm asparagus, spinach and chicken salad

Preparation time: 20 minutes
Cooking time: about 5 minutes
Makes: 4 main course servings

- 1 bunch spinach, washed and dried
- 1 lb asparagus
- 1 tbsp vegetable oil
- 1 lb chicken breasts
- 1/2 lb mushrooms, thickly sliced

Herbal vinaigrette:

- 1/4 cup white wine vinegar
- 1/4 cup each vegetable oil and extra-virgin olive oil
- 1 clove garlic, minced
- 2 tsp each dried tarragon and Dijon mustard
- 1 tsp each salt and granulated sugar
- 1/4 tsp black pepper

Garnish:

- 2 greenhouse tomatoes, cut into wedges
- Mushrooms

Break off stems from spinach and discard. Tear spinach into bite-sized pieces; place in large bowl. Set aside. Break off tough ends of asparagus and discard. In large pot of boiling salted water, cook asparagus for 3 to 5 minutes or until tender-crisp. Drain and rinse under cold water. Add to spinach.

In large skillet, heat oil over medium-high heat; brown chicken on both sides. Add mushrooms; cook until chicken is no longer pink inside, about 5 minutes.

Herbal Vinaigrette: Meanwhile, in jar, shake together vinegar, vegetable oil, olive oil, garlic, tarragon, mustard, salt, sugar and pepper until well blended. Pour

about 2 tbsp. over chicken mixture; cook, stirring, for another minute or until well coated.

Add vinaigrette to spinach mixture; toss to coat. Arrange on 4 dinner plates, lace asparagus on top in spoke-like fashion. Arrange tomatoes around edge. Remove chick from pan and cut into crosswise strips. Arrange on top of salad with sprinkling of mushrooms. Serve immediately.

Baked tomatoes with cheddar frittata filling

Everyone's favourite breakfast foods come together in this quick oven-baked meal - and the recipe can easily be halved or doubled.

- 4 large firm tomatoes
- 5 eggs, beaten
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup crumbled cooked bacon
- 2 tbsp chopped fresh parsley or snipped chives
- 1/2 tsp pepper
- 1/4 tsp salt
- 2 kaiser rolls
- 2 tbsp butter, softened

Slice tops off tomatoes and reserve; scoop out and discard pulp and seeds. Using paper towel, wipe inside of each tomato dry.

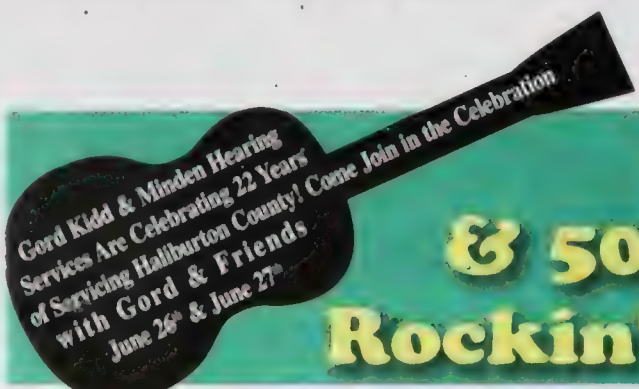
Dice reserved tomato tops and combine with eggs, cheese, green onions, bacon, parsley, pepper and salt. Spoon into prepared tomatoes until two-thirds full; set aside remaining mixture. Place tomatoes on baking sheet; bake on middle rack in 425°F (220°C) oven for 15 minutes or until filling is just set.

Meanwhile, cut each roll in half horizontally and remove a little of the crumb from cut sides to form shallow depression. Spread butter on cut surfaces. Place hot baked tomato in depression of each; spooning in remaining egg mixture (it may overflow onto roll). Place on baking sheet; bake for 10 minutes longer or until filling is just set and rolls lightly toasted.

Nutritional Information: 1 Serving: Protein: 16 grams; Fat: 19 grams; Carbohydrates: 22 grams; Calories: 323.

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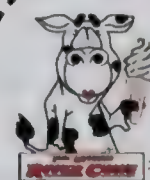
2009 Season Line Up

- July 3, The Country Hot Flashes
- July 10, Cass Marie and the Black Feather Band
- July 17, Gord Kidd 50/50 Country Rockin' Band
- July 24, Bucket of Shrimps' Ears
- July 31, No music due to running of The Highland Yard
- August 7, Serendipity
- August 14, Zoe Chilco
- August 21, Johnny Burke
- August 28, Northern Jam

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Turn onto haliburtonfresh.com

You can indeed grow more than rocks in Haliburton County, but it wasn't until about a year ago that the popular joke began losing credibility in the area, says Marcus Stong, an Irondale farmer and website developer.

The change happened around the same time that the Haliburton Highlands Food Coalition sprung up and new energy was channeled into exposing the dozens of local farmers to the hungry population of summer consumers.

At that same time, Stong and his wife Megan decided they wanted to get more involved with the movement and he volunteered to put together a farmers' directory: www.haliburtonfresh.com.

"We talked at the [farmers' association] meeting about what we could do to help," Stong said.

With the association's sponsorship, Stong created a self-serve site where farmers can sign up and post their location and foods grown. The intention of the site is to connect consumers looking for fresh fruit, vegetables, berries, meat and eggs with the plethora of locals who sell those things.

"It's geared to getting consumers in touch with producers," Stong said.

There is a misconception to Haliburton produce, mostly because for so many years people have been claiming there are no farmers and there is no produce to buy.

While there is certainly no big commercial farming operation up here, there is more than enough food to go around.

• Story by Jenn Watt •

Plus, there are now three farmers markets on the weekend: Friday in Haliburton, Saturday in Kinmount and Sunday in Tory Hill.

Stong sees the burgeoning farming industry as a tourist attraction to the county.

"Counties have farmers as a tourist draw, like in Prince Edward County," he said.

"We're trying to put the consumers, cottagers and tourists together with local food producers," he said.

The list on haliburtonfresh.com encompasses all types of producers and all the ways you can buy their food, from veggies sold at local shops to eggs sold at the farm gate to farmers' market fare.

The Stongs themselves grow about 30 crops at their residence on Highway 503 across from the Irondale general store.

They call their farm River Roots Market Garden and will have a food stand at the end of their driveway all summer. See www.river-roots.ca for more information.

"There have always been farmers in Haliburton County," Stong said. "I just don't think the public has known about them."

Haliburtonfresh.com hopes to change that.

haliburton fresh
HALIBURTON COUNTY FOOD PRODUCER DIRECTORY

SEARCH

MEMBER LOGIN

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Producer	Type of food produced	Location
Charlie's Organic Garlic	Root vegetables	Carnarvon Area
Robb's Country Garden	Herbs Salad and other greens Vegetables	Carnarvon Area
Haliburton Farmers' Market	Herbs Honey Maple Syrup Root vegetables Salad and other greens Vegetables	Haliburton
Walkingstick Acres	Herbs Honey Root vegetables Salad and other greens Vegetables	Haliburton
Waverley Brook Farm	Berries Maple Syrup	Haliburton

For a map of local food producers, see pages 16 and 17

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When it comes to Haliburton County farming, there's more than meets the eye. Often farmers will sell their produce from the gate, or

you have to meet them at a farmers' market. This is a list of producers and markets in the county to get you started.

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1. Charlie's Organic Garlic

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Member of Haliburton County Farmers' Association and Canadian Organic Growers.

Available: August

How to get it: farm gate sales

Contact: 705-489-4201, sheila.robbsympatico.ca
1574 Buckslide Road, near Carnarvon

2. Robb's Country Garden

Although not certified organic, all produce is grown using organic methods with no pesticides or herbicides. Natural fertilizing. Produce available conditional on weather.

All produce grown from certified organic seed – heirloom.

What you can get: leaf lettuces, basil, parsley, thyme and mint; greens, spring onions, peas (sugar snap, snow and regular garden peas), beans (wax, green and purple), tomatoes (cherry, eating and paste), cucumber, zucchini.

Available: mid June to September, later if produce still available.

How to get it: roadside stand

Contact: same as Charlie's Organic Garlic

3. Walkingstick Acres

What you can get: herbs, honey, root vegetables, salad and other greens, vegetables.

Available: summer/fall

How to get it: roadside stand, Great Haliburton Feed Company

Contact: 705-306-0420, walkingstickacres@live.com
119 Pine St., Haliburton

4. Waverley Brook Farm

Four season family farm. We offer a CSA food box program with a variety of more than 60 crops received weekly for the season.

What you can get: berries, maple syrup.

Available: year round. Call ahead.

How to get it: farm gate sales, sign up for CSA program.

Contact: 705-457-2214, www.waverleybrookfarm.com

RR 2 - 1632 Old Donald Rd., Haliburton

5. River Roots Market Garden

Located on a beautiful river, in the hamlet of Irondale,

Continued on pg 17

The 21st Annual Haliburton

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Continued from pg 16

River Roots Market Garden grows a wide variety of vegetables using organic methods.

A love of the outdoors and a need for fresh, good food led us to pursue a CRAFT Ontario (Collaborative Regional Alliance for Farmer Training in Ontario) Internship. We continue to grow food using organic methods and now we want to share our fresh, tasty produce with everyone!

Look for our roadside stand next summer across from the General Store, on Highway 503, between Kinmount and Gooderham, to pick up a taste of Haliburton County.

Member of Haliburton County Farmers' Association.

What you can get: berries, herbs, root vegetables, salad and other greens, vegetables

Available: June to September

How to get it: roadside stand

Contact: 705-447-2698, www.river-roots.ca, river.roots@gmail.com

8180, Hwy 503, Irondale

6. Bethel Church Farm

Farm-fresh eggs available all year. (Blueberries also available for those who register before June 1.)

What you can get: eggs

How to get it: roadside stand, farm gate sales

Contact: 705-286-6458, bethelchurch_farm@sympatico.ca

1639 Bethel Rd, Minden

7. Ducks and Dragonflies Farm

A hobby that started when we moved to the Minden area and carved out a space on 50 acres of bush and rock for a home and an idea of providing ourselves with some "home-grown food."

What you can get: eggs, duck eggs, lavender

Available: year around, as available

How to get it: farm gate sales

Contact: 705-286-6753, acoys@sympatico.ca

1690 County Road 21, Minden

8. Glass Eagle Studios

What you can get: various kinds of honey and honey butter.

Available: year round

How to get it: farm gate sales

Contact: 705-286-3628

2801 Blairhampton Rd., Minden

9. Hunter Creek Ranch

Family farm - not certified but no pesticides, growth hormones used. Animals all have their own areas to roam during the day while still protected by stock guardian dogs and fence.

We have meat chickens that are generally available for sale early summer and mid-fall - if you order ahead - great, if not, you take your chances!

We raise Berkshire pigs that are generally available in September. Again, ordering early (March) is best.

We have just started raising Dexter cattle and hope to have our first beef available fall of 2009.

Also, we are in the very early stages of raising milking goats.

What you can get: beef, pork, poultry, vegetables, alpacas - a great alternative for those of us who are allergic to wool!

Available: year round but depends on product availability; vegetables only in summer

How to get it: farm gate sales

Contact: 705-286-3752, beverly.barlow@hunter-creek-ranch.ca

1406 Hunter Creek Road, Minden

10. The Nest Egg

Small diverse farms with meats and vegetables.

What you can get: eggs, lamb, poultry, root vegetables, garlic, winter squash

Available: open year round

How to get it: farm gate sales

Contact: 705-286-4877

1970 Duck Lake Road, Minden

11. Nostalgic Art Studios

50 laying hens give us approximately three-dozen eggs a day, eggs and change jar just inside vestibule at front door for your convenience.

What you can get: eggs

Available: year round

How to get it: farm gate sales

Contact: 705-448-9785, www.nostalgicarts.ca, info@nostalgicarts.ca

1306 Saunders Road, Tory Hill

Farmers' Markets

12. Haliburton Farmers' Market

We are located at Roberts Marina, beside Haliburton Tim-Br Mart on Hwy 21, Haliburton village.

Type of food: herbs, honey, maple syrup, root vegetables, salad and other greens, vegetables

When to go: Fridays from 3 p.m. to 7 p.m. July 3 to Sept 11, 2009

Contact: 705-286-1940, dancingwildflower@sympatico.ca

13. Tory Hill Market

Come and experience the rural charm of idyllic Tory Hill set on the shores of McCue Lake. This vibrant market is a colorful and healthy blend of food, music, green products, art, craft and so much more. An Earth Friendly shopping alternative in the Haliburton Highlands!

When to go: The market is open 10 a.m. to 4 p.m. Sundays in July and August at the crossroads in the hamlet of Tory Hill.

Type of food: berries, eggs, grains, herbs, honey, maple syrup, orchard fruits, root vegetables, salad and other greens, vegetables.

Contact: 705-448-9522, toryhillmarket@gmail.com

14. Kinmount Farmers' Market

A charming farmers' market nestled on the shores of the Burnt River in the charming village of Kinmount at Heritage Park. Creative vendors are varied and unique.

When to go: Saturdays from May to October from 9 a.m. to 2 p.m.

Type of food: fruit and vegetables

All information obtained from haliburtonfresh.com.

visit our websites:

www.haliburtonecho.ca

www.mindentimes.ca

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There are three generations of the Tyler family helping to manage the family-owned Waverley Brook Farms on Old Donald Road, starting with Charlie in front, Jean and Godfrey in the middle, and Sam and Joanie in at the back.



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Family makes farm work

Story by Jenn Watt • Photos by Matt James

Farming in Haliburton County isn't easy; the soil isn't always good, or deep. Farmers have to juggle crops, discovering what thrives and what fails in the rocky land of the Canadian Shield.

One family of farmers stands out in the county as stubbornly making the land work – the Tyler family of Waverley

Brook Farm on Old Donald Road.

"We're a four-season farm – it's not just about gardens, it's about the animals, plants, earth, compost," says Jean Tyler.

Waverley Brook has a little bit of

Continued on pg 19

Yamaha WaveRunner PWC \$8,599	Thundercraft 190 Magnum Bowrider \$22,995
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Wedgewood \$10,995	YAMAHA \$13,995
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The land can feed you

Continued from pg 18

everything, which is what a farm has to have in order to be functioning year-round.

It also has a bit of education: the Tylers regularly have interns come to learn about organic farming, WWOOFers (volunteers who travel to organic farms and work for food and shelter – it stands for World Wide Opportunities on Organic Farms) and community members volunteer to take care of the crops.

"We use the biodynamics method by using all the elements. You can't have a farm in isolation," Jean says.

Jean along with her husband Godfrey, kids and parents all work the farm in different ways. They are the fourth generation on the land, which was originally purchased from the Canadian Land and Immigration Company as a demonstration farm to lure immigrants to Haliburton.

"The demonstration land brought people here to learn to farm. They almost starved," Jean says.

"They couldn't make a living. That's the dilemma of this land. You can't have monoculture."

In a way, it is still a demonstration farm.

The Tylers use the land to educate the community and visitors about organic farming practices and biodynamics, they use everything the land gives them, but with caution.

"It's better than subsistence farming, but you have to balance the amount of livestock with the land quality. You have to have a lot of eggs in a lot of baskets," Jean says.

The livestock the Tylers raise provides meat, while the manure is fertilizer for the gardens.

The trees on the property are harvested to build



Godfrey Tyler grew up at Waverley Brook Farm and it's where he and his wife Jean are raising their family – along with a few cows and sheep.

structures for the family and provide heat, though the decision to cut each tree is a difficult one.

"What you put into the land has to make it better than when you started," Jean says.

Waverley Brook runs several programs, including the community shared agriculture (CSA) boxes.

Community members sign up with a deposit in the winter, indicating they'd like a share of the crops grown on the farm during the summer and fall. When those foods are produced, they come and pick them up – usually once a week for about 16 weeks.

They also do tours, workshops and sell from the farm gate.

The passion the Tylers have for the farm and the land comes from the community and their faith.

"We're doing it despite society [saying monoculture and commercial farms are better] and in light of God's blessing," says Jean.

"We live in an exploitative society of maximum profit rather than the concept of sharing," Godfrey says.

"If you feed the land, the land will feed you," Godfrey adds.

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July 31st**

**8 PM til Midnight
Main Street, Haliburton**

**midnight
madness**

★ **MUSIC - FUN - SUPER DEALS**

Priceless

Walking Softly • Column and photo by Steve Galea

Flip through the back pages of a newspaper or peruse any realtor's front window and you'll see the value placed upon a piece of property. That price, simple and clear, tells us what the market will bear, but it also says a whole lot about what we value as well as the lower regard we have for places that have not yet felt the mark of man. A lot with no road access or service sells for less than one that bears the fresh scars of a bulldozer. Few people would consider buying a wetland or acreage too far off the beaten path.

I've come to believe that we've got those numbers all wrong.

Longevity, in a work of art, increases importance and price – a painting that as weathered as little as 50 years is considered nearly as much for its age as for the actual artistry rendered within. A classic status is placed upon it, a respect for the fact that it has remained true to its form and virtually unchanged except for the patina of age. That standard, of course, does not apply to a landscape, regardless of the timeless beauty it possesses, or the fact that it has taken eons to perfect the complex ecosystem laid out before you.

Of course this would be impractical. The value we place on property is actu-



People have to learn to stop and smell the yellow goat's beard.

ally the value of the work that has gone into making it habitable or exploitable. That is not a slight to those who work to achieve these things either; they are necessary and benefit us all. And, often, roads and clearings benefit wildlife too.

But I believe that while we are highly advanced at assessing practicalities and values as well as envisioning the poten-

tial of a piece of land, we are also virtually blind to the priceless nature of what it already holds.

How can you put a price upon an ecosystem or even a single flower that grows unnoticed beyond the road? Is a low-lying area that holds thousands of spring peepers worthless? Is there no importance to a dead tree where wood ducks

nest? And a glade where whitetails bed must surely be of some consequence.

The very fact that many of us now ask these and similar questions provides a hint of hope. For, in a different, much harsher era, our forefathers never had the time or education to consider any of this. They believed that dominion over nature, rather than coexistence with it, was what God intended.

Still, even with our better understanding of the interconnectedness of things, we have not yet factored in the added value of being able to watch wildflowers emerge in spring or listen as a scarlet tanager serenades a meadow. Yet, in many instances, this is why we move to these places. This is why they hold significance to many of us.

The myriad of creatures and life cycles held within a landscape are priceless both in how they better our environment and how they improve, in countless little ways, the quality of our life – relieving stress, providing us with peace, adding pleasant memories to carry with us through the years.

There is far more true value in a piece of land than most of us could ever afford. Yet another reason to appreciate it all the more.

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June 27 – July 5

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*Lakeside dining on a summer day...
welcome to Summerkiss!*

Dinner Menu

STARTERS

Garlic Bread -	\$4.95	with cheese	\$6.95
Soup - homemade			\$4.95
Goat Cheese Wonton - mango salsa, greens and Thai dip			\$7.95
Pork Wonton - deep-fried, 10 pieces			\$6.95
Garlic Shrimp - shrimp and mushroom caps baked in garlic butter			\$8.95
Flat Bread - with curry dip			\$7.95
Shrimp Cocktail - tiger shrimp with cucumber, yogurt, chilli, lime dip			\$8.95
Spring Rolls - stuffed with pork, cabbage and carrot			\$6.95
Grilled Squid - with lime, coriander, onion and green papaya salad			\$8.95
Bacon Wrapped Scallops - with tomato relish			\$9.95
Calamari - panko breaded, served with a chilli lime dip			\$6.95
Coconut Shrimp - served with a Thai dip			\$8.95
Samosa - curry beef fillings (spicy)			\$6.95
Wings - one pound			\$8.95
Add - Yukon fries / caesar or tossed salad			\$3.95

SALADS

Caesar Salad small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
Warm Spinach Salad - warm dressing of honey, dijon and red wine vinegar with mushrooms, cheese, bacon and red & green peppers small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
Tossed Salad - mixed greens, soya beans, roasted red pepper and goat cheese with balsamic vinaigrette small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
Spicy Chickpea Cucumber Tomato Salad small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
Mushroom Salad - on baby spinach with grilled vegetables, goat cheese, fresh squeezed lemon juice and olive oil					\$12.95
Grilled Squid & Scallop Salad - baby spinach, tomato, mint, coriander, lime, sesame oil dressing					\$14.95
Roasted Ham & Spinach Salad - with fresh fruit, hard boiled egg and honey mustard dressing					\$12.95
Oriental Chicken Salad - pulled chicken, napa cabbage, soya beans, asian pear, pea shoots, chili and basil with rice wine vinaigrette					\$12.95
Hot Smoked Mackerel Salad - with mixed greens, cucumber, fresh herbs and grape tomato					\$11.95

SANDWICHES

Chicken Pita - pulled chicken, tomato, garlic and lettuce tossed in basil mayo			\$7.95
8oz Burger - homemade; cheese, bacon, lettuce, tomato, sauteed onions			\$7.95
Grilled Vegetables Sandwich - tomato, zucchini, eggplant, mushroom, goat cheese and red pepper on an open face pita bread			\$7.95
Seared Salmon - grilled egg plant, zucchini, tomato and enoki mushroom on flat bread with wasabi mayo			\$12.95
Quesadilla - chicken, sauteed onion and cheese with salsa			\$7.95
Veal Sandwich - with sauteed onions, green peppers, cheese and tomato sauce			\$8.95
Steak Sandwich - thin sliced beef, sauteed onions, mushroom, tomato sauce			\$8.95
Roasted Ham Sandwich - with sauteed onions and cheese			\$6.95
Souvlaki - with tzatziki, tomato and onion on pita bread pork			\$6.95
Add - Yukon fries / caesar or tossed salad			\$7.95
			\$3.95

GST and PST are not included in the prices.

Dinner Menu

MAIN

Vegetable Stirfry - Regular or Szechuan. Served with Add chicken		\$4.00	Add just	
Pork Tenderloin - roasted, served with a tamarind dates sauce, vegetables and potato				
Shrimp and Scallops - Hoisin garlic shrimp, with sauteed pea sprouts and potato				
Curries - our medium spiced curries served with chicken	\$13.95	lamb	\$13.95	
Rack of Lamb - marinated in soya, ginger, garlic and rosemary. Served with a goat cheese cream vegetables and potato				
Salmon Filo - baked in filo pastry. Served with cream sauce, vegetables and potato				
Braised Lamb Shanks - served with pasta tossed in fresh herb olive oil				
Peppercorn New York Steak - 10 oz. AAAA peppercorns, seared with demi-glaze, vegetables and potato				
Filet Mignon - 8 oz. AAAA, bacon wrapped, seared with demi-glaze, vegetables and potato				
Mango Chicken - grilled marinated chicken breast mango sauce, vegetables and rice				
Jumbo Sea Scallops - with a lime coriander dressing vegetables and potato				
Rainbow Trout - pan seared with tamarind, honey vegetables and potato				
Fish & Chips - Tempura battered, wasabi mayo and Yukon fries				
Smoked Back Ribs - house smoked pork back ribs Served with Yukon fries				
1/2 order				

PASTA & N

Spaghetti - with meat sauce		
Braised Chicken - 1/4 chicken (leg) braised in and mushroom. Served with fettuccine tossed in our special sauce		
Pork Souvlaki - with fettuccine, tossed in fresh herb dressing		
Spicy Salmon - with Szechuan sauce on a bed of Pad Thai noodles		
Pad Thai - rice noodles stir fried with shrimp and garnished with peanuts and coriander (spicy)		
Chicken Penne - Cajun spiced chicken breast with a creamy curry sauce		
Shrimp Capellini - grilled jumbo shrimp with lightly tossed in a fresh tomato, caramelized onion and white wine sauce		
Seafood Fettuccine - shrimp, scallop, fish and in a white wine cream sauce		
Asian Noodle (Mee Gorong) - stir fried egg with chicken, spicy ground shrimp, carrot, red and green pepper, egg and tomato		
Wild Mushroom & Spinach - with capellini in fresh herb, olive oil		
Veal Parmigiana - with fettuccine in tomato sauce and mozzarella		
Italian Sausage Penne - in a creamy tomato sauce		
Fettuccine Alfredo		

SIDE OR

French Fries	\$3.95	Vegetables	\$4.95
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KID'S MENU

Choice of • Penne with meat sauce • Cheese Burger & fries • Chicken Fingers & fries • Spaghetti and pop	
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er Menu

MAINS



huan. Served with rice	\$10.95
0 Add jumbo shrimp	\$8.00
with a tamarind	\$17.95
ic shrimp, seared scallops	\$21.95
erved with rice and vegetables	\$15.95
jumbo shrimp	\$18.95
ginger, garlic	
eeese cream sauce,	\$29.95
erved with a saffron	\$17.95
th pasta	\$17.95
10 oz. AAA, rolled in crushed	\$21.95
vegetables and potato	\$28.95
apped,	
nd potato	\$15.95
chicken breast,	\$19.95
coriander cream sauce,	\$14.95
marind, herb and lemon,	\$12.95
sabi mayo	\$20.95
pork back ribs.	\$13.95

& NOODLES



.....	\$9.95
braised in carrot, tomato	\$10.95
tossed in olive oil	\$10.95
d in fresh herbs olive oil	\$16.95
on a bed	\$18.95
shrimp and chicken,	\$14.95
er (spicy)	\$14.95
en breast on penne noodles	\$16.95
rimp with capellini noodles	\$18.95
nelized onion	\$13.95
p, fish and squid	\$14.95
tir fried egg noodles	\$16.95
arrot,	\$13.95
to	\$14.95
h capellini and goat cheese	\$16.95
tomato sauce	\$13.95
my tomato sauce	\$10.95

E ORDERS

.....	\$4.95	Sauteed Mushrooms.....	\$4.95
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MENU \$6.95

Cheese Burger & fries • Ham & Cheese Wrap
fries • Sweet & Sour Wonton with Rice

Lunch Menu

STARTERS



Soup - homemade	\$3.95
Spring Rolls - stuffed with pork, cabbage and carrot	each \$2.95
Bruschetta - classic tomato, garlic, basil	each \$3.00
Garlic Bread - with cheese	each \$3.00
Calamari - panko breaded, served with a chilli lime dip	\$6.95
Wings - one pound	\$8.95
Coconut Shrimp - served with a Thai dip	\$8.95
Pork Wontons - deep fried, 10 pieces	\$6.95
Add - Yukon fries / caesar or tossed salad	\$2.95

SALADS

Caesar Salad

small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
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Warm Spinach Salad - warm dressing of honey, dijon and red wine vinegar with mushrooms, cheese, bacon bits and red peppers

small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
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Tossed Salad - mixed greens, soya beans, roasted red peppers and goat cheese with balsamic vinegrette

small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
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Oriental Chicken Salad - pulled chicken, napa cabbage, soya beans, asian pear, pea shoots, chili and basil

with rice wine vinegrette	\$12.95
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Mushroom Salad - on baby spinach with grilled vegetables, goat cheese, fresh squeezed lemon juice and olive oil

Hot Smoked Mackerel Salad - with mixed greens, cucumber, fresh herbs and grape tomato

Spicy Chickpea Cucumber Tomato Salad

small	\$6.95	with chicken	\$11.95	with tiger shrimp	\$12.95
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Grilled Squid & Scallop Salad - baby spinach, tomato, mint, coriander, lime, sesame oil dressing

Roasted Ham & Spinach Salad - with fresh fruit, hard boiled egg and honey mustard dressing

PASTA

Spaghetti - with meat sauce

Braised Chicken - 1/4 chicken (leg) braised in carrot, tomato and mushroom. Served with fettucine tossed in olive oil

Pork Souvlaki - with fettucine, tossed in fresh herbs olive oil

Italian Sausage Penne - in a creamy tomato sauce

Wild Mushroom & Spinach - with capellini and goat cheese in fresh herb olive oil

Chicken Penne - cajun spiced chicken breast on penne noodles with a creamy curry sauce

Shrimp Capellini - grilled jumbo shrimp with capellini noodles lightly tossed in a tomato, caramelized onion and white wine sauce

Asian Noodle - stir fried egg noodles with chicken, spicy ground shrimp, carrot, tomato, red pepper and egg

Pad Thai - rice noodle stir fried with shrimp and chicken, garnished with peanuts and coriander (spicy)

Fettucine Alfredo

Lunch Menu

SANDWICHES

- Chicken Pita** - pulled chicken, tomato, garlic and lettuce tossed in basil mayo\$7.95
- 8oz Burger** - homemade; cheese, bacon, lettuce, tomato, sauteed onions\$7.95
- Grilled Vegetables Sandwich** - tomato, zucchini, eggplant, mushroom, goat cheese and red pepper on an open face pita bread\$7.95
- Seared Salmon** - grilled egg plant, zucchini, tomato and enoki mushroom on flat bread with wasabi mayo\$12.95
- Quesadilla** - chicken, sauteed onion and cheese with salsa\$7.95
- Veal Sandwich** - with sauteed onions, green peppers, cheese and tomato sauce\$8.95
- Steak Sandwich** - thin sliced beef, sauteed onions, mushroom, tomato sauce\$8.95
- Roasted Ham Sandwich** - with sauteed onions and cheese\$6.95
- Souvlaki** - with tzatziki, tomato and onion on pita bread
pork\$6.95 chicken\$7.95
- Add** - Yukon fries / caesar or tossed salad\$2.95

MAINS

- Fish & Chips** - Tempura battered, wasabi mayo\$10.95
- Vegetable Stirfry** - Regular or Szechuan. Served with rice\$8.95
Add chicken\$4.00 Add jumbo shrimp\$8.00
- Pork Medallions** - pan seared pork tenderloin, mango ginger sauce, potato and vegetables\$14.95
- Braised Lamb Shanks** - served with pasta\$15.95
- Veal Parmigiana** - with fettuccine in tomato sauce\$14.95
- Smoked Back Ribs** - house smoked pork back ribs.
Served with Yukon fries or tossed salad\$18.95
1/2 order\$11.95
- Curries** - our medium spiced curries served with rice and vegetables
chicken\$12.95 lamb\$13.95 tiger shrimp\$17.95
- Mango Chicken** - grilled marinated chicken breast, mango sauce, vegetables and rice\$13.95
- Rainbow Trout** - pan seared with tamarind, herb and lemon, vegetables\$14.95
- Pan Seared Salmon** - topped with a szechuan sauce on a bed of Pad Thai noodles\$14.95

KID'S MENU \$5.95

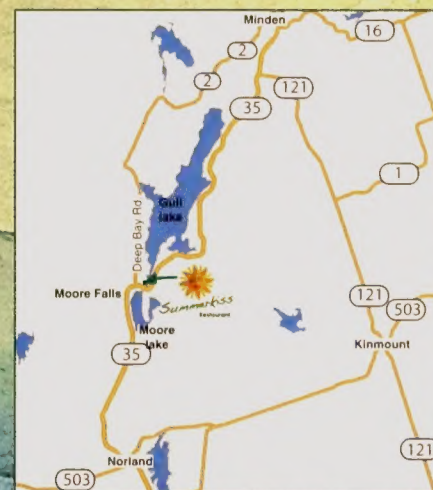
- Choice of** • Penne with meat sauce • Cheese Burger & fries
• Ham & Cheese Wrap & fries • Chicken Fingers & fries
• Sweet & Sour Wonton with Rice
and pop

GST and PST are not included in the prices.

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